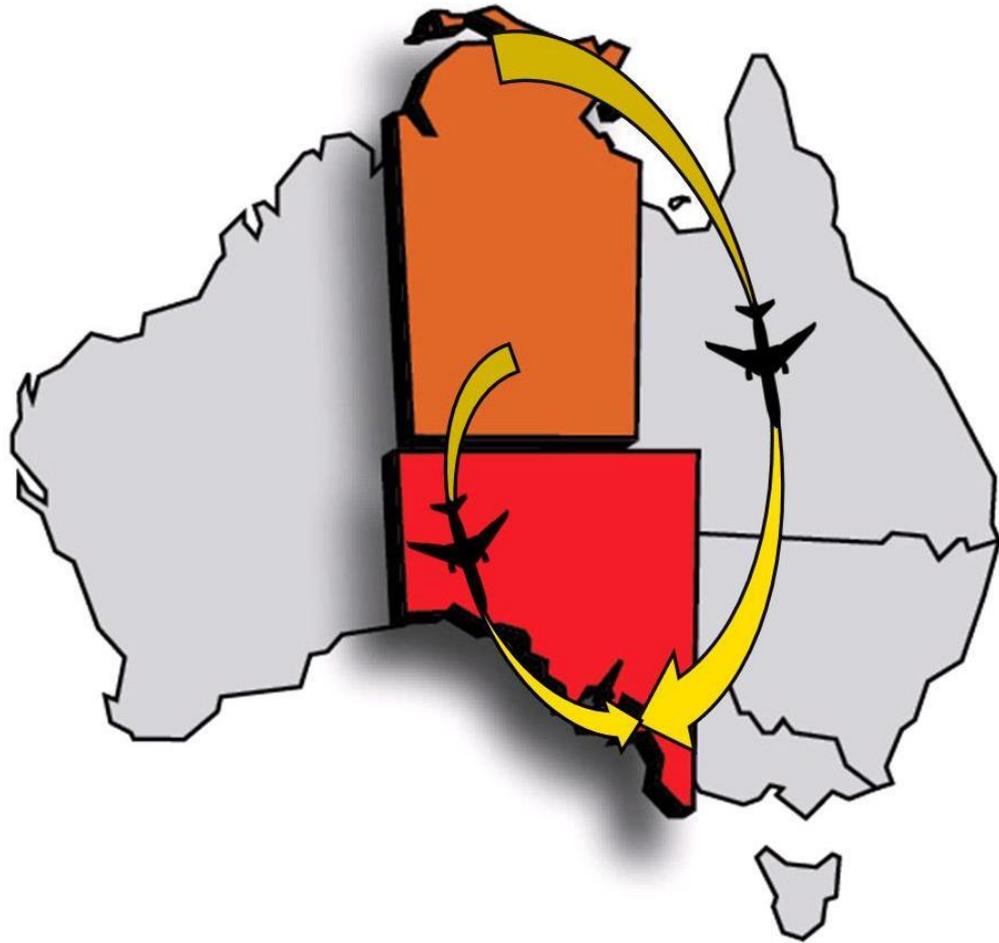




Your *partner in heart
& diabetes health*

healthy**living**NT

INFORMATION FOR PEOPLE TRAVELLING TO ADELAIDE FOR HEART PROCEDURES



Information Sheet

Darwin

Shop 1 & 2 Tiwi Place,
Tiwi NT 0810
PO Box 40113,
Casuarina NT 0811
Phone: 08 8927 8488
Fax: 08 8927 8515
E: info@
healthylivingnt.org.au

Alice Springs

Jock Nelson Centre,
7/16 Hartley Street,
Alice Springs NT 0870
Phone: 08 8952 8000
Fax: 08 8952 7000
E: alicesprings@
healthylivingnt.org.au

www.healthylivingnt.org.au
ABN 11 374 693 055

Healthy Living NT
is the trading name of the
Diabetes Association
of the Northern Territory
Incorporated.

This information booklet provides some useful information on what to expect during travel to Adelaide for heart procedures and tips to make your stay less stressful. If you are not having your operation or procedure in Adelaide you should contact PATS and your Cardiac Coordinator for your specific travel information.

Feedback

This booklet has been compiled and reviewed in cooperation with NT Cardiac Coordinators, HLNT Cardiac Rehabilitation Educators, ATSI Liaison Officers, and Patient Assisted Travel Scheme (PATS) staff in Darwin, Alice Springs and Adelaide. Please help us to keep this information up to date and relevant. If you have any comments please contact us at:

HEALTHY LIVING NT
PO BOX 40113
CASUARINA NT 0811
PHONE (08) 8927 8488
hearthelp@healthylivingnt.org.au

Updated September 2014
Reviewed April 2015

What will happen?

If you need to go to Adelaide for a cardiac procedure or surgery the hospital staff will contact PATS. PATS provides a financial subsidy that covers a portion of your out of pocket expenses incurred when an NT resident travels to approved specialist medical services.

The most current information about PATS guidelines and entitlements can be found on the PATS website – http://www.health.nt.gov.au/Hospitals/Patient_Assistance_Travel_Scheme/index.aspx

If approved to travel for further medical treatment you and your approved escort will be entitled to the following financial assistance.

Travel

Covers all transport costs to and from the hospital in Adelaide (economy airfares).

Accommodation

\$60.00 per person a night if you are staying in commercial accommodation

\$20.00 per person a night if you are staying with family or friends

Ground Transport

Transport costs of up to \$50.00 per trip will be reimbursed. This is for taxis, buses and trams. Ground transport costs are only reimbursable for the client, not for the ground transport of the escort.

If you are unsure of what you can and cannot claim then keep all your travel related receipts and submit to PATS on your return. PATS will advise you of what reimbursements you are entitled to.

How do I get my tickets?

Once you are informed of your surgery or procedure date, you will need to contact your local PATS office.

Royal Darwin Hospital

First Floor
Rocklands Drive
Casuarina NT
Phone: (08) 89228135
Fax: (08) 89228995

Katherine District Hospital

George Road
PMB 73
Katherine NT 0851
Phone: (08) 89739206
Fax: (08) 89739292

Gove District Hospital

Mathew Flinders Way
PO Box 421
Nhulunbuy NT 0881
Phone: (08) 89870201
Fax: (08) 89870380

Alice Springs Hospital

Gap Road
PO Box 2234
Alice Springs NT 0871
Phone: (08) 89517846
Fax: (08) 89519111

Tennant Creek Hospital

Schmidt Street
PO Box 346
Tennant Creek NT 0861
Phone: (08) 89624262
Fax: (08) 89624205

Your local PATS office will contact you to provide you with your flight details prior to your travel. If you are an inpatient in the hospital, the ward staff may do this for you.

At the Airport

You will need photo ID (such as a driver's license), a concession card, or a letter from the hospital to obtain your boarding pass at the airport. PATS will organise a one way flight initially. Once you are ready for discharge from the hospital, you will need to ring your local PATS office to arrange your return travel.

Taking a support person, carer or escort

If you are taking a relative, friend, carer or escort which has been approved, PATS will also organise their ticket. An escort is a person who is regarded as being able to provide assistance to you during your period of transport, accommodation and treatment. An escort must be over the age of 18. If you are travelling interstate for surgery or intensive treatment, which includes all cardiac procedures, an escort can be automatically approved. Approved escorts will receive transport and accommodation assistance, but not ground transport costs.

What if I change my mind and don't want to travel?

Please let the Cardiac Nurse Coordinator (contact numbers given later in the booklet) and PATS know immediately so someone else can be booked in your place as there are waiting lists for cardiac surgery as with all surgery. You may be requested to repay the costs associated with travel if you fail to use pre-booked travel, fail to attend appointments or fail to report to the hospital without adequate justification.

How do I get to Darwin or Alice Springs airport?

If you are not a hospital patient you will be responsible for getting yourself to the airport for your flight to Adelaide. If you are an inpatient in hospital, transport will be arranged for you.

If you are having problems arranging transport to the airport, please contact the Cardiac Nurse Coordinator who may be able to assist.

What happens when I get to Adelaide?

Non indigenous clients who are transferred to Adelaide will be responsible for the payment of their own ground transport in Adelaide. A maximum of \$50 per patient per trip is provided towards ground transport costs (for example taxis or buses) upon provision of original receipts (i.e. bus tickets or taxi printout – but photocopies are not accepted). This subsidy is not available for the hire of a car or for fuel for a car.

Indigenous clients who have their flights organised by PATS, will have a corporate shuttle service pick them up from the airport in Adelaide. This service is provided by the S.A. Government. The shuttle staff will greet you at the arrival bay as you leave the aircraft. The shuttle bus will take you to your accommodation or to the hospital. If you are at accommodation it will pick you up the next day to go to the hospital. The shuttle bus can also be used to bring your escort into the hospital to visit after your surgery. When it is time to come home, the shuttle service will take you back to the airport so you can catch your flight.

Arriving at the hospital

When you arrive at the hospital, go to the administration desk, they will be expecting you. You may have some documents with you that you need to give to the hospital.

How long will I be in Adelaide?

These are only approximate times as it depends on your recovery rate and the hospital where you have your surgery. For clients having Coronary Artery Bypass or Valve Surgery, you'll be in Adelaide approximately 10-14 days, but it could be longer depending on your recovery time. If you are having a Coronary Angiogram or Angioplasty your stay will generally be for two (2) days if you are returning

to Alice Springs with the Royal Flying Doctor service, or 4-7 days if you need a medical clearance for a commercial flight.

If you are having heart surgery it is best to have a family member/carer to help you after discharge. If you do not have anyone traveling with you the hospital may organise for you to go to a respite centre. PATS should be contacted to confirm your flight details once you are discharged.

Where do I stay in Adelaide?

PATS can organise accommodation at your request. If you have any special needs, e.g. wheelchair access, discuss this when you make the booking.

Once you are discharged from hospital you will need to stay in Adelaide - if you have relatives or friends you can stay with them, if they are within twenty (20) minutes drive from the hospital, otherwise there are some suggested accommodation options later in this booklet. You will be unable to drive after your surgery so being close to public transport or the hospital is an important consideration. The Cardiac Coordinator at the hospital will be able to assist you with accommodation and transport questions. When booking accommodation, ask if they give discounts to hospital patients.

What else?

Remember you are going to a different climate, so pack a few warm clothes, take any personal things you will require including clothing, toiletries, money, credit card, Medicare card, Basic Card, phone and charger, your current medications, glasses, and any doctors letters or other specialised equipment you may require.

You procedure or surgery

Your procedure or surgery is discussed with you by your cardiac educator, cardiac coordinator, or another member of your cardiac health team. Printed information may also be provided; please take time to look through this information and feel free to ask any questions you have. No matter what procedure or surgery you have, you should always try to have Cardiac Rehabilitation in the weeks following your procedure or surgery.

Cardiac Rehabilitation

Once you get back home, if you live in Darwin or Alice Springs, Healthy Living NT will send you an invitation to participate in cardiac rehabilitation. This is an important part of your post operative recovery, and it is highly recommended that you complete a Cardiac Rehabilitation program. Cardiac Rehabilitation involves education from a cardiac educator and other allied health professionals. The program is designed to get you back on your feet, encourage a more 'heart friendly' lifestyle and teach you safe levels of activity. A family member or friend is also welcome to come.

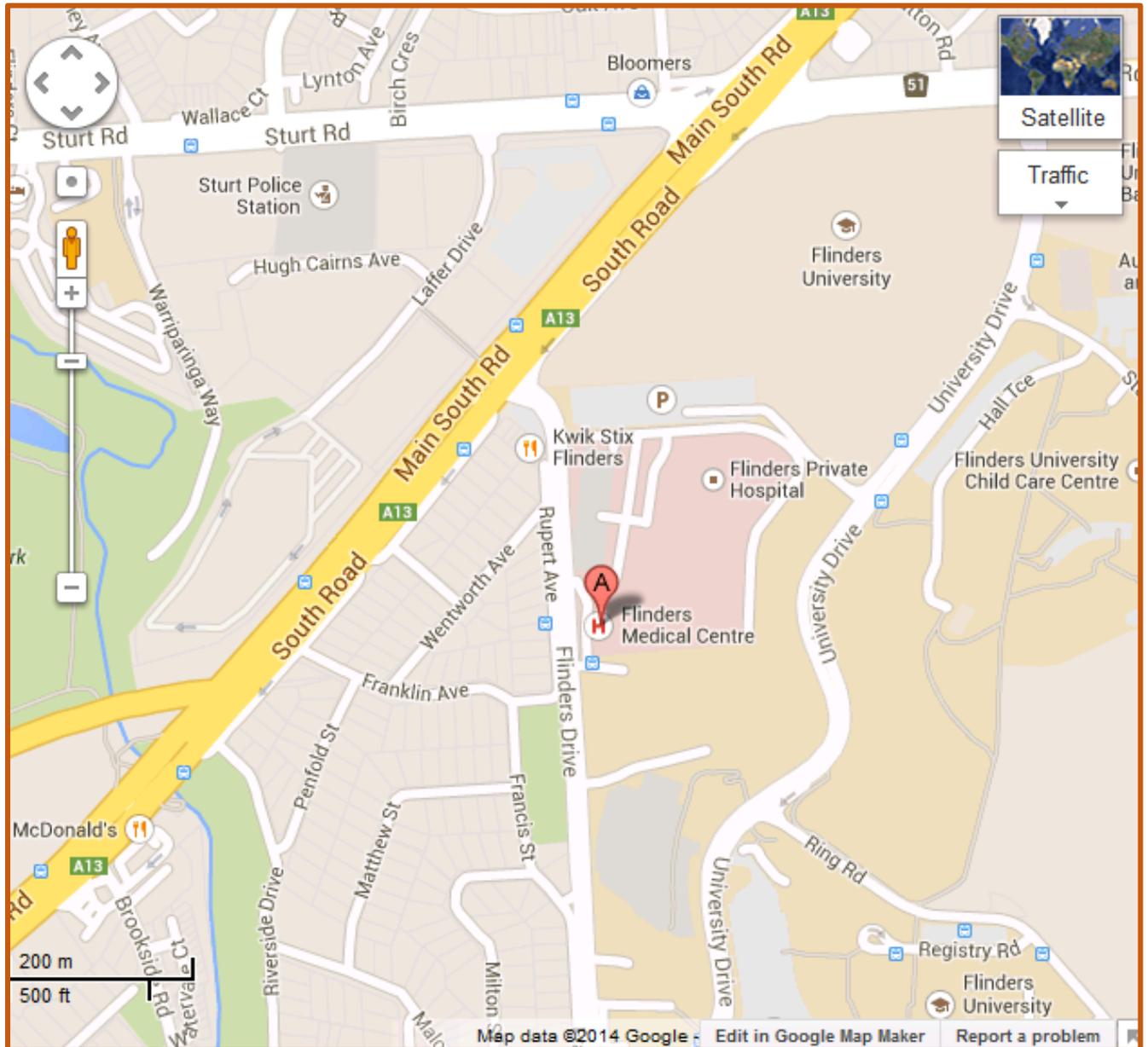
If you wish, you can always ring Healthy Living NT to book in to cardiac rehabilitation before you receive our letter by calling **(08) 89278488 in Darwin** or **(08) 89528000 in Alice Springs**.

If you live in a remote area, your Cardiac Coordinator will organise customised support and your Cardiac Rehabilitation. Cardiac educators also visit remote communities regularly. Telephone support is available and a customised information pack will be sent out to you.

HOSPITAL INFORMATION AND CONTACT NUMBERS

Flinders Medical Centre and Flinders Private Hospital

Flinders Medical Centre and Flinders Private Hospital are next door to each other. They are located just off Main South Road at Bedford Park, about thirty (30) minutes car ride from the centre of Adelaide and about twenty (20) minutes from the airport.



Flinders Medical Centre (08) 8204 5511

A patient information service centre is located just inside the entrance to Flinders Medical Centre. It is open Monday to Friday 8am - 8pm and on weekends 12pm - 8pm.

Ward 6D (08) 82044049

If you are having cardiothoracic surgery, you will first be admitted to ward 6D. After your surgery you will spend 1-2 days in the Intensive and Critical Care Unit (ICCU), before returning to Ward 6D where you stay until you are discharged. You will regularly be seen by a team of health professionals including doctors, nurses, physiotherapists, dieticians and pharmacists.

Visiting hours for ward 6D are 7am – 8.30pm.

Cardiac Care Unit (CCU) (08) 82044315 - Cardiac Short Stay (CSS) (08) 82043039

If you are having a cardiac procedure (such as an angiogram) you will most likely be admitted to CCU or CSS. Visiting hours in CCU and CSS are 10am – 8pm, but patients are encouraged to rest between 1pm – 3pm.

Aboriginal and Torres Strait Islander Liaison Nurses

The Aboriginal and Torres Strait Islander (ATSI) Liaison Nurses communicate with the Cardiac Coordinators in Alice Springs and Darwin to ensure everything is in place for your cardiac surgery or procedure. The ATSI Liaison Nurses will be available to provide support and information about your cardiac surgery, answer any questions you may have about your procedure, and offer you support while you are in hospital.

Karpa Ngarrattendi (*to support, to heal*) - Aboriginal Health Unit (08) 8204 5178

The Aboriginal staff at Karpa Ngarrattendi can provide support for indigenous clients and their families. Karpa Ngarrattendi is a place where you can come for a yarn, cuppa or just sit quietly. It is a friendly place where all indigenous people are welcome. Some of the services provided include arranging transport and accommodation, arranging transport for relatives to visit you, providing information about medical procedures and providing assistance with financial issues. Karpa Ngarrattendi is open 9am - 5pm Monday to Friday, and is located on level 2 just past the coffee shop.

Social Work Department (08) 8204 4332 or (08) 8204 4144

Some of the services they offer that may be of assistance include:

- Assisting in finding accommodation
- Helping with Centrelink forms and payments
- Patient Assisted Transport Scheme
- Professional counselling and support provision.

These services are for patients and relatives; you can contact the Social Work Department yourself or ask the nursing staff to contact them for you. Social Workers are available Monday to Friday from 8:45 am to 4:45 pm.

Other Information

A branch of Bank SA is located within Flinders on level 4. Hours of business are:

- 12.00pm – 4.00pm, Monday to Thursday
- 12.00pm – 5.00pm, Fridays

There are also three ATMs – under the stairs at the main entrance, just outside of the main entrance near the drop off zone and outside the Bank SA on level 4.

A bus stop is located at the front main entrance of Flinders Medical Centre. To find what bus is best for you to catch call the Adelaide Metro Info Line on 1300 311 108 or check your bus route on the Adelaide Metro website.

Always check with the bus driver that you are on the correct bus.

There are several taxi companies available and will be listed in the local phonebook. There are often taxis waiting outside the hospital, the airport, and most shopping centres in the suburbs. There is also a direct telephone line to the taxi companies in the foyer of Flinders Medical Centre. Two of the larger taxi companies are Independent Taxis - 132 211 and Suburban Taxis - 131 008

Flinders Private Hospital (08) 8275 3333

Inside the foyer of Flinders Private Hospital there will be reception staff that will be able to assist you with any enquiries. It is open seven (7) days a week from 6:30am to 9:30pm

If you require the services of a Social Worker, the nursing staff will be able to organise this for you.

Accommodation Near Flinders Medical Centre

Heart Beat House

21 Beckman St, Glandore

Telephone: (08) 8177 2270

Individual rooms with shared facilities. Everything is included except food.

Website: <http://www.heartbeatsouthaustralia.org.au/heartbeat-house>

A fifteen (15) minute drive to Flinders Medical Centre and Royal Adelaide Hospital.

Nunyara Holiday Unit

5 Burnell Drive, Belair

Telephone: (08) 8278 1673

Website: www.nunyara.com.au

For bookings: nunyara@senet.com.au

Five (5) self-contained family units. About fifteen (15) minutes drive to Flinders Medical Centre.

Oasis

114 Henley Beach Road, Torrensville 5031

Telephone: (08) 8234 5802

Website: www.careworks-saandnt.org/oasis

Share accommodation in self-contained house.

Close to Flinders Medical Centre, Oasis is located on major bus and train routes.

Bluinn Shortstay

26 Rupert Ave, Bedford Park

Telephone: 0415 723 740

Website: <http://www.southaustralia.com/info.aspx?id=9011923>

Opposite Flinders Medical Centre.

Marion Hotel

849 Marion Road, Mitchell Park

Telephone: (08) 8276 8888

Email: info@marionhotel.com.au

Website: www.marionhotel.com.au

Transport - seven (7) minutes by car to Flinders Medical Centre. Close to bus stop

Morphett Arms Hotel

138 Morphett Road, Glengowrie

Telephone: (08) 8295 8371

Email: office@morphettarms.com.au

Website: www.morphettarms.com.au

Transport - fifteen (15) minutes by car to Flinders Medical Centre.

Tonsley Hotel

1274 South Road, Clovelly Park

Telephone: (08) 8276 8099

Website: www.tonsleyhotel.com.au

Transport - five (5) minutes by car to Flinders Medical Centre.

Comfort Inn On Marion (Supercentre)

540 Marion Road, Plympton Park

Telephone: (08) 8371 2899

Website: www.adelaidemotel.com

Enquire about a 10% discount for country patients at FMC

Transport - ten (12) minutes by car to Flinders Medical Centre.

Warradale Hotel

234 Diagonal Road, Warradale

Telephone: (08) 8296 1019

Website: www.warradalehotel.com.au

Transport – ten (10) minute drive to Flinders Medical Centre

Caravan Park Accommodation

Marion Holiday Park

323 Sturt Road, Bedford Park

Telephone: (08) 8276 6695

Website: www.marionhp.com.au

Cabins and holiday units. Special rates apply for FMC patients and their families.

Transport – three (3) minutes by car or bus or 15-20 minute walk to Flinders Medical Centre.

Sturt River Park

Brookside Road, Darlington

Telephone: (08) 8296 1113

Website: www.sturtriverpark.com.au

Cabins and on-site vans. Special rates for FMC patients and their families.

Short walk to Flinders Medical Centre.

Woodcroft Park Caravan Park

Lot 1 Bains Road, Woodcroft

Telephone: (08) 8325 1233

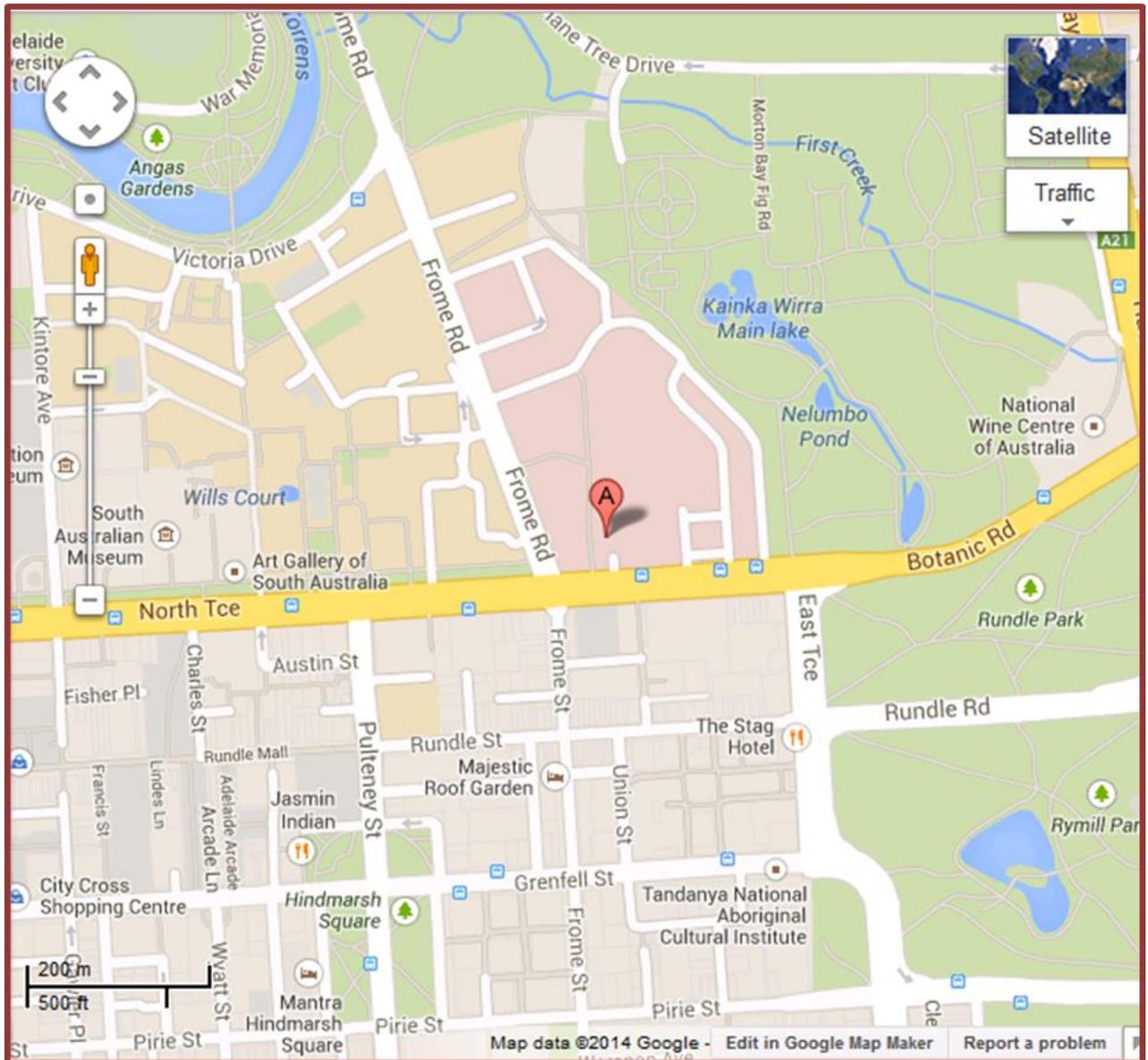
Website: www.woodcroftpark.com.au

Cabins, on-site vans, powered sites

Transport – 15-20 minute drive to Flinders Medical centre depending on traffic.

Royal Adelaide Hospital (08) 82224000

The Royal Adelaide Hospital is located on North Terrace in the CBD of Adelaide; it is approximately twenty (20) minutes drive from Adelaide Airport (depending on traffic).



Enquiries Desk (08) 8225442 or (08) 8225444

The Enquiries Desk is located in the main entrance foyer of the hospital. It operates 7 days a week from 8am to 8pm. After hours contact ED on (08) 82224210.

Ward A4 / A5 /CCU (08) 82224000

If you are having an angiogram, stent or pacemaker inserted, you will be admitted to a cardiology ward either CCU/A5 or A6. If you are having cardiothoracic surgery, you will be admitted to ward A4 and return here the day after your surgery for closely monitored care. Ward A4 is where you stay until you are discharged, and while there you will regularly be seen by a team of health professionals including doctors, nurses, physiotherapists, dieticians and pharmacists. Visiting hours for all wards are 2.30pm to 8.30pm. Discharge time is between 9 - 11am.

Cardiothoracic Intensive Care Unit (CTICU) (08) 82224000

Most patients spend the first 24 hours after their operation in the CTICU. Some patients require extra support or recovery time and may stay in CTICU for longer. Visiting hours in CTICU are at 10am, 3pm, and 7pm daily, visits are for no longer than 20 minutes, and it is recommended that only immediate family visit at this stage. Visiting outside of these times should be arranged with the nursing staff who will make every effort to assist. Only two (2) visitors at a time, per patient will be admitted.

Aboriginal and Torres Strait Islander Liaison

ATSI health nurses and ATSI liaison officers offer help to Aboriginal and Torres Strait Islander patients – particularly those from remote areas. They communicate with the Cardiac Coordinators in Alice Springs and Darwin to ensure everything is in place for your cardiac surgery or procedure.

- The Aboriginal and Torres Strait Islander Liaison Unit is located on Level 5 in the McEwin Link.
- The Aboriginal Health Team is available Monday to Friday 8.30am to 4.30pm.
- Aboriginal and Torres Strait Islander reception (08) 82222653
- Aboriginal and Torres Strait Islander health nurse (08) 82222636 or (08) 82224000
- Aboriginal and Torres Strait Islander liaison officer (08) 82225314 or (08) 82225733

Social Work Department (08) 82225338

Some of the services they offer that may be of assistance to including:

- Assisting in finding accommodation
- Helping with Centrelink forms and payments
- Patient Assisted Transport Scheme
- Professional counselling and support provision.

These services are for patients and relatives; you can contact the Social Work Department yourself or ask the nursing staff to contact them for you.

Other Information

A branch of Bank SA is located in the main entrance of the hospital, and there is an ATM which is on the front wall of the main entrance to the hospital. This ATM accepts most cards, but if your card is not accepted there are several other ATMs in Rundle Street and Rundle Mall. Your Basic Card is accepted at the major supermarkets in and around Adelaide and at many stores in Rundle Mall. There is a cafeteria (Cafe Revive) on level 5 of the Robert Gerrard Wing which is open every day, including public holidays from 7.30am to 7.30pm. There is also a kiosk in the main foyer which is open Monday to Friday 8.30am to 8.30pm, and on the weekends and public holidays 12.00pm to 4.00pm.

A bus stop is located at the front main entrance of the Royal Adelaide Hospital, to find what bus is best for you to catch call the Adelaide Metro Info Line on 1300 311 108 or check your bus route on their website.

Always check with the bus driver that you are on the correct bus.

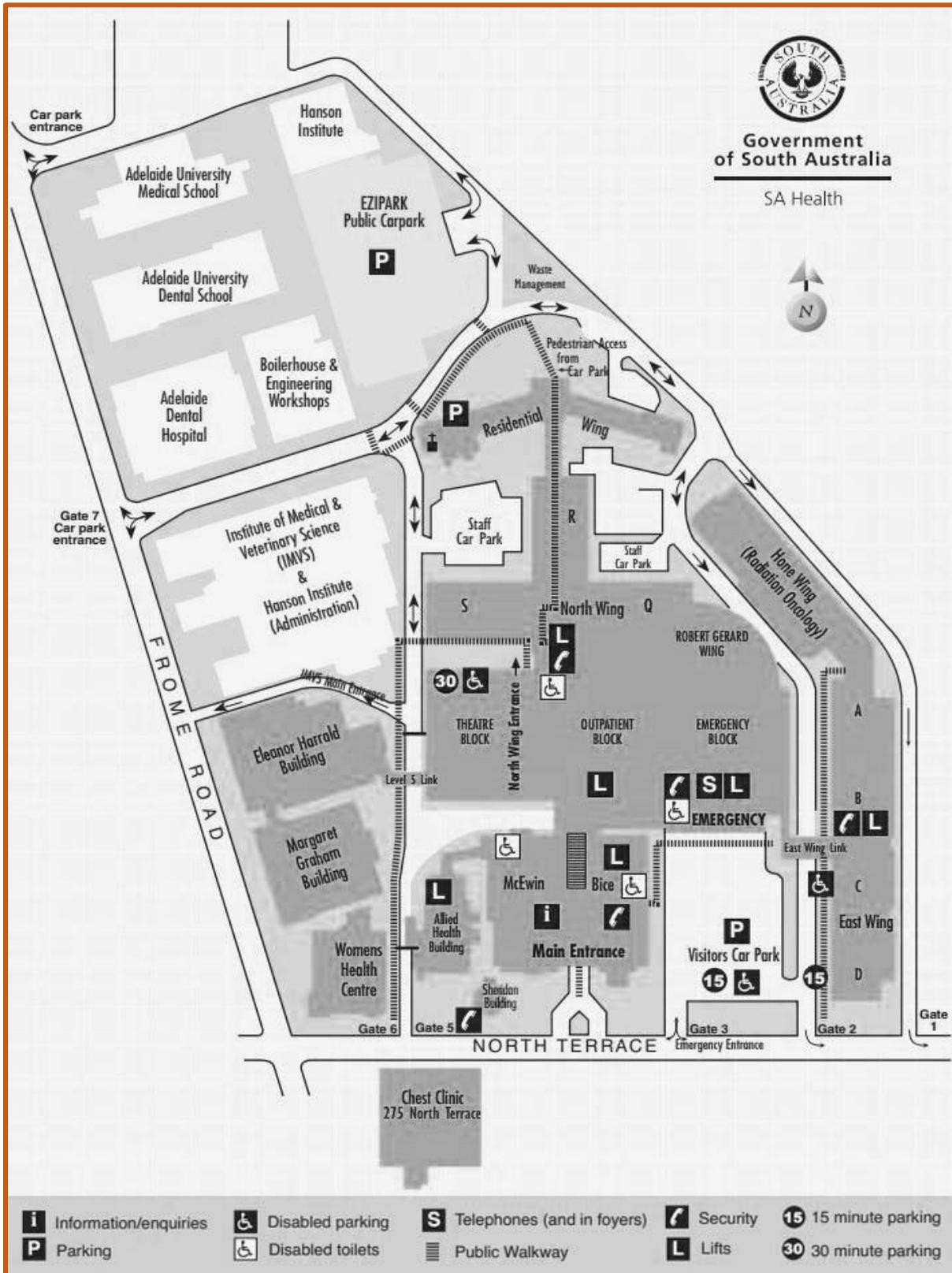
There are several taxi companies available and will be listed in the local phonebook. There are often taxis waiting outside the hospital, the airport, and most shopping centres in the suburbs. Two of the larger taxi companies are Independent Taxis - 132 211 and Suburban Taxis - 131 008.

Television services are available through a private company, and this service must be paid for in advance. The nursing staff can arrange this for you, and the rates are cheaper for multiple days hire. Most credit cards are accepted.

Vending machines for food and drinks are available on all levels of the North Wing opposite the lifts, and on level 3 of the east wing.

MAP OF THE ROYAL ADELAIDE HOSPITAL

Accommodation located in close proximity to the hospital is an array of moderately to budget priced accommodation. You are advised that where possible you book prior to travelling. If you have any special needs, e.g. wheelchair access, discuss this when you make the booking.



Accommodation near The Royal Adelaide Hospital

Residential Wing

On Royal Adelaide Hospital site

Telephone: (08) 82225169

Single room accommodation, communal kitchen, laundry and unisex bathrooms.

Greenhill Lodge

204 Greenhill Road, Eastwood

Telephone: (08) 82914200

Email: motel@cancersa.org.au

Web: www.cancersa.org.au

Motel style accommodation run by the Cancer Council of SA but available to everyone. Book in advance for best rates for people with medical conditions. Runs a bus direct to the RAH for a small donation each way.

Seaview Lodge

3 Seaview Street, Fullarton

Telephone: (08) 82914200

Email: motel@cancersa.org.au

Web: www.cancersa.org.au

Self contained units run by the Cancer Council of SA but available to everyone. A ten (10) minute drive to the RAH and close to supermarket and shops.

Flinders Lodge

27 Dequetteville Terrace, Kent Town

Telephone: (08) 83328222

Email: flinders@merlin.net.au

Web: www.cancersa.org.au

Motel style accommodation run by the Cancer Council of SA but available to everyone. Book in advance for best rates for people with medical conditions. Runs a bus direct to the RAH for just a small donation each way.

Motel 277

132 Conynghan Street, Glenunga

Telephone: (08) 83799911

Motel accommodation in self contained units.

Close to supermarket and bus stops. A ten (10) minute drive to the Royal Adelaide Hospital.

The Sands Motel

198 Glen Osmond Road, Fullarton

Telephone: (08) 8379066

Email: bookings@thesandsmotel.com.au

Web: www.thesandsmotel.com.au

Motel accommodation 3½km from the RAH, very short walk to bus stop. Close to the shops.

Country Women's Association

30 Dequetteville Terrace, Kent Town

Telephone: (08) 83324166

Various types of accommodation and prices, including single rooms with shared facilities as well as self contained units. There are upstairs and downstairs units so you should request a downstairs unit when booking. Close to bus stop. A five (5) minute drive to the Royal Adelaide Hospital.

Fullarton Motor Lodge

284 Glen Osmond Road, Fullarton

Telephone: (08) 83799797

Motel accommodation 3½km from the RAH, and there is a bus stop right next to motel. Close to supermarket and shops.

Princes Lodge Motel

73 Lefevre Terrace, North Adelaide

Telephone: (08) 82675566

Email: princeslodge@senet.com.au

Web: www.princeslodge.com.au

Motel accommodation providing single rooms and family rooms – breakfast included. A five (5) minute drive to the Royal Adelaide Hospital and a short walk to shopping and entertainment on Melbourne Street. Provides upstairs and downstairs accommodation - request downstairs when booking.

Heart Beat House

21 Beckman St, Glandore

Telephone: (08) 8177 2270

Individual rooms with shared facilities. Everything is included except food.

Website: <http://www.heartbeatsouthaustralia.org.au/heartbeat-house>

A fifteen (15) minute drive to Flinders Medical Centre and Royal Adelaide Hospital.

Accommodation for Indigenous Patients

Hostel-type accommodation is available to indigenous patients and relatives attending the hospital.

Luprina Hostel

2 Clements Street, Dudley Park, 5008

Telephone: (08) 8269 5254

Transport – A fifteen (15) minute drive from to RAH, and thirty three (33) minute drive to Flinders Medical Centre.

Mulgunya Hostel

55 Dew Street, Thebarton, 5031

Telephone: (08) 8234 2488

Transport – A ten (10) minute drive to the RAH, and a twenty five (25) minute drive to Flinders Medical Centre.

Nindee Hostel

2 Oban Street, Beulah Park, 5067

Telephone: (08) 8332 2352

Transport – A ten (10) minute drive to the RAH, and a thirty (30) minute drive to Flinders Medical Centre.

Gladys Elphick Hostel

29 Second Ave, Klemzig, SA

Telephone: (08) 8261 6188

Transport – A ten (10) minute drive to the RAH, and a thirty five (35) minute drive to Flinders Medical Centre.

Karinga Hostel

430 Payneham Rd, Glynde, SA

Telephone (08) 8365 2525

Transport – A fifteen (15) minute drive to the RAH, and a thirty five (35) minute drive to Flinders Medical Centre.

PATS Office Contacts

DARWIN

Royal Darwin Hospital

First floor,

Rocklands Drive

PO Box 41326

CASUARINA NT 0811

PH: (08) 8922 8135

FAX: (08) 8922 8995

ALICE SPRINGS

Alice Springs Hospital

Gap Road

PO Box 2234

ALICE SPRINGS NT 0871

PH: (08) 8951 7846

FAX: (08)8951 9111

[http://www.health.nt.gov.au/Hospitals/Patient Assistance Travel Scheme/](http://www.health.nt.gov.au/Hospitals/Patient_Assistance_Travel_Scheme/)

Cardiac Coordinator Contacts

DARWIN

PH: (08) 8922 7744

ALICE SPRINGS

PH: (08) 89517128

After your return from Adelaide, please contact Healthy Living NT to organise your Cardiac Rehabilitation Program.

What is Cardiac Rehabilitation?

Cardiac Rehabilitation involves education and physical activity to get people with heart conditions back into the community and improve your lifestyle, both safely and confidently. The program is run three phases, the inpatient program, the outpatient program called the Healthy Heart Program and a maintenance program.

For more information or to make an appointment:

Email: hearthelp@healthylivingnt.org.au

Darwin (08) 89278488

Alice Springs (08) 89528000

Healthy Living NT Office Locations

Darwin

Healthy Living NT
Shop 1 & 2 Tiwi Place
Tiwi NT 0810

Alice Springs

Healthy Living NT
Jock Nelson Centre
7/16 Hartley Street
Alice Springs NT 0870

www.healthylivingnt.org.au