



**Award winning program**

*MCLEAN Care was recognised for reaching out to those in rural and isolated areas and was awarded with a Northern Inland Innovation Award for health, aged care and disabilities for their Bush Compass program. "We're very humbled, but more so excited," CEO Sue Thomson said.*



McLean Care

**Bush Compass**

# Helping seniors who are geographically isolated



McLean Care

A significant proportion of older people are isolated in small rural communities, and many are suffering from a range of chronic diseases, as well as issues with mobility, strength and functional capacity to undertake basic activities at home.

McLean's innovative and award-winning Bush Compass ensures that despite being geographically isolated, you can have access to all of the services that you need to improve your health and wellbeing, reconnect with group activities, and allowing you to take an active part in your community.

## How does the Bush Compass work?

The Bush Compass Program supplies Skype technology, which is facilitated either through your television or an Apple iPad via Project Tanami, all from the comfort and privacy of your own home.

## What services are available?

### Video Conferencing

You and your Lifestyle Facilitator will be able to connect more quickly and more often with Project Tanami and the Apple iPad, enabling you to stay connected with us and engage privately without the need to travel great distances to see us when the need arises.

### Physiotherapy

Our Physiotherapists regularly contact you through Skype to deliver a range of services including:

- individual physical assessments,
- chronic disease education
- goal setting
- motivation.

### Nursing Care

Our Registered Nurses can check in with you if you are feeling unwell and provide advice.

They can also:

- Discuss your health care needs
- Provide advice in planning your care requirements
- Talk to you about managing your individual health issues
- Assist you with making medical appointments
- Provide individual support to you

### Group Exercise

Allows you to join in McLean's well-established group exercise sessions, which are held at McLean Care, watched closely by a Physiotherapist, remaining connected, yet independent, and includes:

- Mobility and stability Group
- Men's Exercise Group
- Women's Exercise Group
- Tai Chi Classes
- Gym based exercise classes

### Stay Connected

During service time the Apple iPads can also enable you to:

- Shop Online
  - Download and listen to your favourite music
  - Pay bills online
  - Use internet banking
  - Download recipes
  - Connect with family and friends
  - Download specialised APPS for health and vitality
- Just ask our lifestyle facilitators.

## What are the Bush Compass locations?

Participants in the Bush Compass Program, who often have difficulty accessing services for a range of health and mobility reasons, come from a 300 km radius from Inverell, and include locations such as Mungindi, Delungra, Glen Innes, Tingha and Bundarra.

The Bush Compass has allowed us to maximise the support and care we can provide, and is unique, and currently the only program of its kind in the entire New England and South Region.

## Geographically isolated?

**Not a problem.**

**Talk to us today about how we can connect with you**

**1300 791 660**

**[www.mcleancare.org.au](http://www.mcleancare.org.au)**