

Maternity Care Options

Information for consumers

At Grampians Health Ballarat, we provide different types of maternity care and our aim is to guide and support our women and families in providing a positive and safe birthing experience. This pamphlet provides a summary of the maternity care choices available to you. Your maternity care choices, are also discussed with you at your 'booking in' appointment.

Our guideline helps us work out which mothers and their families may need higher levels of care to make sure that both mother and baby are as healthy as possible during and after pregnancy. You will be given a hand held record to record your care. We ask that you carry it with you during your pregnancy and bring it to each visit, regardless of the model of care you are in.

There are four options for your pregnancy care;

COCO – Continuity of Care Option

Enables you to establish a relationship with a small group of midwives.

If you are low risk and receive continuity of care, you are more likely to:

- have a normal birth.
- be satisfied with your maternity care.
- have a healthy baby born at term and
- successfully breastfeed.

Self-referral is required for intake into COCO program; midwives will discuss this with you. The midwives in the COCO program work in all areas of maternity and will do their best to care for you throughout your pregnancy, labour, birth, after your birth on the ward and for your home visit. Women in COCO will also see a Dr at their booking 28, 36 and 41 weeks.



Photo – G. Trigg - Ballarat

Midwife-led care

Midwives in the antenatal clinic will provide your antenatal care.

Midwives in the labour ward will be your main care provider in labour and birth.

Midwives at all times have access to medical staff for advice and support.

There are midwife clinics for young mums, first nations women and families and family service midwife clinics.

GP Antenatal Shared Care

Most of your pregnancy care is provided by your GP.

You attend the Maternity Outpatient's clinic for key visits which include:

- a booking in visit (between 13-17 weeks),
- 28 week visit,
- 36 week visit,
- 40 week visit.

During your labour and birth your care is provided by the hospital midwives and medical staff.

If you develop a complication during your pregnancy your care will be transferred to the doctor clinic and your GP will be informed of the change.

Obstetrician-led Care

This type of care is provided if you have complex needs, due to medical/ previous history.

Your main care is provided by the medical team in the Maternity Outpatient clinic.

You will see a midwife for your key visits at 25 and 34 weeks.

Some examples of reasons you may be considered at high risk include twins, Diabetes, Heart Disease or pregnancy and/or medical complications.

For further information you can contact:

Maternity Outpatients department: **5320 4533**

Labour ward (5th floor): **5320 4980 or 5320 4979**