



PHYSIOTHERAPY  
OCCUPATIONAL THERAPY  
MASSAGE THERAPY  
PERSONAL TRAINING



**HOME CARE**



# PHYSIOTHERAPY

## What is it for?

- Mobility assessments
- Exercise prescription.
- Pain management.
- Mobility equipment purchasing.
- Hands-on treatment.
- Muscular, joint and nerve conditions.
- Post-operative rehabilitation.
- Neurological physiotherapy.
- Corrective exercise prescription.

## What are the benefits?

- Falls prevention, by improving balance and postural correction.
- Muscle strengthening and flexibility.
- Pain relief and quality of life.



## Michael Patterson (Owner & Principal Physiotherapist)

Our expert physiotherapist Michael Patterson, graduated from Monash University in 2009, has worked in public and private hospitals, private practices and aged care facilities in both Australia and the United Kingdom. Specialising in Pilates and strength training, Michael is able to incorporate the best exercise prescription and treatment plan for the elderly.

## What is the cost?

- |   |         |
|---|---------|
| • Initial appointment, 1 hour<br>(report writing and quotes included) | \$170   |
| • Follow up appointment, 30min.                                       | \$98    |
| • Travel fee  | \$20    |
| • Enhanced Primary Care (EPC):  | \$53.80 |

5 sessions covered under Medicare. The home care package can provide the adjusted \$45 travel expense. (Please note government will mandate EPC amount and may be slightly more than the above figure shown)

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# OCCUPATIONAL THERAPY

## Who is it for?

Clients who require assistance in their home in regards to equipment hiring or purchasing and modifications to improve their activities of daily living.

This can be achieved by:

### Modifying the environment for better access:

- Installing grab rails in the shower.
- Installing ramps, platform steps or chair lifts.
- Bathroom/kitchen modifications.

### Developing support or intervention plans, and education to the individual, their family and carers:

- Providing falls prevention education.
- Creating pathways to achieve their goals of independence.

### Prescribing assistive technology (aids or equipment) to facilitate activities:

- Shower chairs or stool to reduce the risk of falls in the shower and manage fatigue.
- Long-handled aids for personal care and dressing, such as a reacher or sponge.
- Pressure cushions to reduce the risk and severity of pressure wounds.
- Special plates or cutlery to increase independence with feeding.
- Wheelchairs, mobility scooters or hoists.
- Raised toilet seats or over toilet frames.

### Supporting skill development:

- Independent living skills (cooking, cleaning).
- Alternative dressing techniques.
- Pain and fatigue management strategies.
- Routine building and self-management strategies.



## What is the cost?

- Complete home visit appointment. \$370
- Complete follow up assesment \$190  
(travel and report writing fees included)

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# MASSAGE THERAPY

The massage techniques utilized for seniors include lighter, gentle stroking and kneading as well as application of pressure to specific points on the body.



## What is it for?

- Pain due to osteoarthritis.
- Sleep habits and quality of sleep.
- Agitation due to Alzheimer's disease.
- Alleviating depression.
- Physical and mental relaxation.



## What are the benefits?

Massage therapy offers numerous benefits to the entire body.

- It helps ease joint and muscle pain
- Can reduce the increased levels of stress that tend to come with aging.

## What is the cost?

- Treatment (60 minutes)      \$98
- Home visit fee                      \$20

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# PERSONAL TRAINING

## What are the benefits?

- Increase activity of clients
- Promote general health
- Increase cardiovascular fitness
- Increase energy of clients
- Help clients sleep better
- Relieve depression and anxiety
- Help control weight gains/loses
- Improve self-esteem and social interaction
- Reduce risk of falls and promote independence

## How would it work?

1. The initial assessment would be completed by a physiotherapist
2. When the client is ready, one of our qualified trainers would follow the physiotherapist guidance to ensure progression and compliance
2. Physiotherapy review every 3 to 6 months, unless required earlier.

"Clients would respond well to a PT as they can help with many aspects of their life including healthy eating options, social interaction and the use of equipment."



## Adriana Patterson (Owner & Principal Personal Trainer)

Adriana is an enthusiastic personal trainer, who has over 4 years experience working closely with the elderly. She has gathered deep knowledge of exercise, stretches and motivation techniques to encourage clients to keep up their progress and functional life.

**Our personal trainers have completed:**

- Certificate III & IV in Fitness
- Certificate of Fitness for older adults

## What is the cost?

- One on one, 30 minutes (travel fee included) \$65
- Telehealth session (30 minutes) \$45

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# Price list

## Physiotherapy

Initial appointment, 1 hour (report writing and quotes included).	\$170
Follow up appointment, 30min.	\$98
Travel fee.	\$20
Enhanced Primary Care (EPC):	\$53.80

5 sessions covered under Medicare. The home care package can provide the adjusted \$45 travel expense (Please note government will mandate EPC amount and may be slightly more than the above figure shown)



## Occupational Therapy

- Complete home visit appointment. \$370
- Complete follow up assesment \$190  
(travel and report writing fees included)

## Massage Therapy

- Treatment (60 minutes). \$98
- Home visit fee. \$20



## Personal Training

- One on one, 30 minutes (travel fee included). \$65
- Telehealth session (30 minutes). \$45

## Cancellation Policy:

- Standard rate is payable if less than 24 hours' notice is provided.

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