

Physiotherapy Services & High Care Residential Facilities

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All High Care Residential facilities have set standards regarding the provision of physiotherapy services. These standards are set out and regularly monitored by the Department of Health and Aging as a part of the facility's ongoing accreditation process. The information provided here is a simplified outline of Physiotherapy & Exercise Services at this High Level Residential facility.



Essentially, there are 2 levels of physiotherapy/exercise services the residents can receive. The first level are services provided by facility of which all the High Level Permanent residents receive at no extra charge. The second level are services provided by a Private Physiotherapist. This second level of service can be received by any resident whom elect to have it, and there are extra charges involved.

LEVEL 1 - SERVICES PROVIDED BY THE FACILITY

- A Physiotherapy Consultant
- Group exercise classes (site dependent)
- Physiotherapy assistant (site dependent)

A Physiotherapy Consultant's role is to assess the residents for physiotherapy/exercise needs and make recommendations as appropriate. For example, recommendations may include 'Manual Handling' requirements, prescription of an appropriate 'maintenance' exercise program, prescription of pain treatments and other health promoting recommendations for the resident.

The facility staff implement the Physiotherapy Consultant's instructions to the residents. The Physiotherapy Consultant reviews each resident's needs and their instructions several times a year. This ensures they remain appropriate for each residents needs.

Group exercise classes are run by the facility staff. All residents are encouraged to join and participate in the exercise classes as they are able. The exercises are designed to be safe and age appropriate.

A Physiotherapy Assistant is provided by the facility at some sites. They work under the direction of the Physiotherapy Consultant. They are mainly involved with providing additional exercise to residents. These exercises may come in the form of assisted walks, limb care exercises and assistance with exercises classes.

LEVEL 2 - PRIVATE PHYSIOTHERAPY

Occasionally, circumstances may arise whereby the services of a Private Physiotherapist are specifically required. For example, a Private Physiotherapist may be required for active rehabilitation of a recent injury. There may be a Private Physiotherapist whom is able to provide treatment to the resident at the facility. The Physiotherapy Consultant can discuss with you the viability of having Private Physiotherapy.

Similar to seeing a Private Physiotherapist in the community, this service is an independent 'fee for service'. Some or all of the costs may be rebated if appropriate health insurance is held by the resident. The Physiotherapy Consultant can also try to help you find a Private Physiotherapist if you are unable to find one yourself.



Frequently asked questions

What is a "Manual Handling"?

'Manual Handling' refers to the type and amount of physical assistance required by the resident to achieve basic activities of daily living. These activities include such things as moving around the bed, getting in and out of chairs and getting around the facility.

What is a 'maintenance' exercise program?

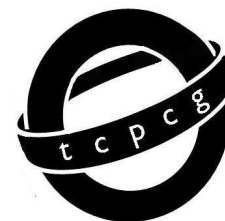
This is a exercise program with the aim of realistic maintenance of a residents physical condition related to physiotherapy. Realistic maintenance relates to such things as a persons age, current physical condition, their own desires, medical diagnoses and general health prognosis.

Where can I get more information?

The Clinical Nurse Consultant should be able to answer any general questions, however for more specific information, ask to speak to the Physiotherapy Consultant when they next visit the facility.

This information has been provided by:

The facility's Physiotherapy Consultant,
who is a representative of:
Total Care Physiotherapy Consulting Group



The information provided within this document is intended as a guide only. It is not intended to replace any information which is provided by the Department of Health and Aging or any Health Care Professional.