



Redefine 
Possible



Better Rehab is a leading NDIS registered provider redefining what is possible in the Allied Health space. Our person-centred approach to therapy champions our participants' empowerment and choice, with our services specifically tailored to the needs of each individual we see at home, our private clinic spaces or remotely via Telehealth.



We have gathered together a multidisciplinary team of allied health professionals who share a passion for delivering the highest level of care, genuinely love what they do and work hard to achieve the very best outcomes for our participants. We have offices across Australia and provide services in Occupational Therapy, Speech Pathology, Physiotherapy, Exercise Physiology and Positive Behaviour Support.

We look forward to being your partner in your journey to reach your goals.

 **TOGETHER, LET'S
REDEFINE POSSIBLE!**

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Helping you live life to the fullest

Better Rehab designs, delivers and evaluates safe, compassionate and effective services for people with chronic medical conditions or disabilities.

We work closely with our participants to meet their objectives in their rehabilitation and in their journey towards a better quality of life. Our participants' goals can be as varied as their backgrounds and experiences, and we take pride in being able to swiftly respond and adapt to their needs.

Backed by our diverse and comprehensive experience across all our disciplines, we also contribute to the progression and development of professional practice standards in the Allied Health field.

WE OFFER SERVICES FOR PEOPLE AGED 6 TO 65 IN THE FOLLOWING DISCIPLINES:



OCCUPATIONAL THERAPY



SPEECH PATHOLOGY



PHYSIOTHERAPY



EXERCISE PHYSIOLOGY



POSITIVE BEHAVIOUR SUPPORT



PAEDIATRICS



OCCUPATIONAL THERAPY

Our Occupational Therapists work alongside participants to achieve their goals at home and in the community. Our tailored solutions can include home modifications and housing assessments, therapies for capacity building and product design and assistive technology.



SPEECH PATHOLOGY

Our Speech Pathologists work to develop participants' communication and literacy skills to allow them to interact with the world around them. We also have specially trained Speech Pathologists that can help with swallowing and mealtime management.



PHYSIOTHERAPY

Our Physiotherapists design tailor-made exercise programs aimed at restoring or maintaining functional movement patterns, to help those affected by injury or illness. This can include balance training, hydrotherapy and respiratory treatments, as well as personalised strength and exercise programs.



EXERCISE PHYSIOLOGY

Our Exercise Physiologists specialise in the delivery of clinical exercise interventions, health and physical activity education and lifestyle modification programs. We can help improve fitness and health for all ages and abilities, through exercise and healthy eating programs.



POSITIVE BEHAVIOUR SUPPORT

Our Positive Behaviour Support Practitioners work with participants and their support network to provide tailor-made solutions for behaviours of concern. Our approach looks at the participant's strengths, interests and motivators to help them overcome challenges and increase independence in daily life.



PAEDIATRICS

At Better Rehab, we put your child's needs first. We take a family-centred approach and will partner with you as the parent and expert to set meaningful goals for your child's development. Our highly trained team can help your child reach their goals in a comfortable, safe and nurturing way. We even make it fun! Our kid-friendly allied health services are available for children as young as 6 years old.



Better Rehab can also form a multidisciplinary team for participants who require support in more than one discipline, ensuring a holistic approach to their care.



FIND MORE

You can find more details about our services in the following sections.



Occupational Therapy

Our Occupational Therapists work closely with you and your family to maximise your independence and help you achieve your full potential at home, at work and in the community.

This includes devising strategies and techniques to help you become independent with daily activities, from simple self-care tasks such as showering and dressing, to more complex activities such as moving around the community or going to work.

We also help you achieve the things that matter most to you by exploring various solutions such as obtaining assistive technology and modifying your home environment to better suit your daily needs.



MEET MURRAY!

Murray had a stroke in 2013 that resulted in hemiparesis or weakness of the left side of his body, which affected his day to day activities. This also affected his balance and led to some falls and near misses.

He wanted to improve his strength and balance so he can take part in activities that are meaningful to him, such as go to the local café, move safely around the community and even play more footy! He has been receiving physiotherapy from Better Rehab since 2019 and Murray has been making great strides.

Here he is kicking a footy for the first time since 1983!



Better Rehab can help with:

ACTIVITIES OF DAILY LIVING ASSESSMENTS AND THERAPY:

Supporting you in finding ways to enhance your day to day life and social connectivity, facilitating greater independence and reducing the assistance you may need from someone else

HOME MODIFICATIONS:

Assessing your home environment and working with relevant parties to carry out internal and external modifications to help you access your home and surroundings with greater ease (more details below)

ASSISTIVE TECHNOLOGY:

Prescribing assistive technology or devices that will help with day to day tasks and activities, which can range from simple adaptive equipment such as dressing aids and shower chairs, to highly specialised mobility tech options.

FUNCTIONAL CAPACITY ASSESSMENT (FOR SIL/SDA APPLICATIONS):

Completing comprehensive assessments to support you if you want to explore your housing options, especially if you wish to apply for Supported Independent Living (SIL) or Specialist Disability Accommodation (SDA).

PAEDIATRIC SERVICES:

For children and adolescents, the goal of Occupational Therapy with Better Rehab is to ensure that you are able to functionally participate and succeed in meaningful activities such as playing, learning and socialising throughout you day.

WE CAN ASSIST WITH YOUR HOME MODIFICATION IF YOU:

- + Have difficulty moving from one position to the next safely and without help
- + Could benefit from having hand or grab rails installed to help you navigate inside or outside the house
- + Have stairs or other access difficulties preventing you from moving in and around your home with ease
- + Need a ramp to access areas with a wheelchair
- + Have areas around your home that are no longer safe to use
- + Would benefit from bathroom/ kitchen/ bedroom etc modifications to help you carry out activities of daily living more easily and with greater independence

WE'LL BE ABLE TO FURTHER ASSIST YOU WITH:

- + Vehicle modifications and driving assessments
- + Sensory assessments
- + Wheelchair prescription and seating
- + 24-hour positioning
- + Upper limb therapy



WE CAN ALSO HELP WITH:

- + Assistive technology needs
- + Chronic disease management
- + Neurological rehab
- + Transitioning to high school or higher education
- + Working alongside disability employment services to provide vocational support



Speech Pathology

Speech Pathology provides assessment and interventions if you have difficulties or impairments in speech (articulation of sounds), receptive language (understanding of language), expressive language (use of language), social communication, voice, fluency (stuttering), literacy, and swallowing.

Following a thorough assessment, Speech Pathologists will design individualised and goal-driven therapies to be incorporated into your daily routine. Our therapy includes home programs and training of your informal support group, such as your family, friends and carers. We also determine whether you will benefit from augmentative and alternative communication methods.



MEET JERRY!

Jerry and his Speech Pathologist have been working together to enhance his active communication at home. Through Intensive Interactions techniques and single message buttons, Jerry is now able to express his own choices about which radio station he'd like to listen to or where he'd like to eat!

It must have been such a great moment for Jerry to be able to express himself and his preferences!



Better Rehab can assist you with your communication difficulties if you:

- + Say the wrong word at the wrong time
- + Sound unclear when you speak
- + Does not know how to put your thoughts into words
- + Have trouble reading and writing
- + Use inappropriate body language in conversations
- + Repeat sounds or stutter
- + Find it hard to follow conversations

WE CAN ASSIST WITH SWALLOWING AND MEALTIME MANAGEMENT IF YOU:

- + Have difficulty chewing, eating, drinking or swallowing
- + Feel like food or drink "goes down the wrong way"
- + Often cough while eating or drinking
- + Drool excessively
- + Make a gurgling sound when speaking
- + Lose weight without trying to
- + Have regular chest infections



WE CAN ALSO HELP WITH:

- + Social skills training
- + Augmentative and Alternative Communication (AAC) like communication books or devices, digital apps and more



Physiotherapy

Our Physiotherapists provide hands-on and evidence-based programs to help you get the most out of your everyday life following an injury or illness.

Independence and mobility are key aspects of good health, and limitations in movement can greatly impact your quality of life.

Our Physiotherapists will conduct mobility assessments to assess your strength, flexibility and sensations, and create a plan with a focus on gradually returning you to regular movement and enhancing your independence in daily life activities.

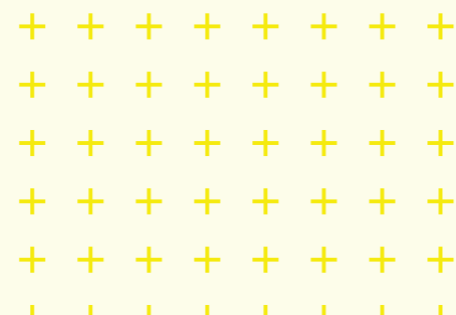


MEET CHRIS!

Chris is in remission from prostate cancer. To stay mobile and active, he'd go on long walks, have coffee at a café and spend quality time with his support workers and family.

His Occupational Therapy and Physiotherapy team at Better Rehab helped him devise creative ways to continue these meaningful activities even in the safety of his home.

Following his Physiotherapy sessions, Chris was encouraged to buy boxing equipment so he can continue working out!



Better Rehab can help with:

BALANCE TRAINING AND FALL PREVENTION PROGRAMS:

Our Physiotherapists can help identify whether you are at an increased risk for falls and develop exercise programs to help you move safely. Balance training can help improve your mobility and transfers, allowing you to participate more confidently in daily activities.

HYDROTHERAPY:

This therapy involves treatment or exercise in a heated pool. Sessions are tailored to specific needs and may involve a variety of buoyancy devices such as floats and paddles. A Physiotherapist or Exercise Physiologist will usually accompany you in the pool and help guide you through your program. The combined effect of buoyancy and water resistance make hydrotherapy very beneficial for strengthening muscles, mobilising joints and relieving pain.

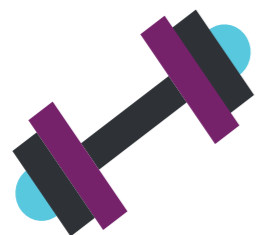
RESPIRATORY TREATMENT:

Our Physiotherapists have all undergone additional competency training to support those with chronic respiratory conditions or who require regular clearance of the airways and lungs. Respiratory treatment includes anything from breathing exercises to the use of assistive devices to alleviate problems in respiration.



WE CAN ALSO HELP WITH:

- + Movement and gait (walking pattern) analysis
- + Mobility equipment prescription
- + Strength and exercise programs
- + 24-hour positioning
- + Wheelchair prescription
- + Assistive technology needs
- + Chronic disease management
- + Neurological rehab



Exercise Physiology

Exercise Physiologists design, deliver and evaluate safe and effective clinical exercise interventions for people with newly diagnosed or long-standing medical conditions, injuries or disabilities. Exercise Physiologists specialise in creating programs that focus on exercise, health and physical activity education as well as lifestyle modification programs.

Our Exercise Physiologist will usually work closely with a Physiotherapist to be able to combine expertise and ensure that you receive the most beneficial and appropriate exercises and strategies.



Better Rehab can help with:

IMPROVING OVERALL FITNESS:

There are many ways to improve your overall fitness. Our Exercise Physiologists can create tailor-made fitness programs to improve your health through exercise that focuses on short bursts of energy (cardio for lung and heart health) and anaerobic exercise (high intensity movement).

IMPROVING MENTAL HEALTH:

Healthy habits, such as exercise and eating well, can have a big impact on your mental health. Our Exercise Physiologists can work with you to create a nutrition and exercise program that will help you feel happier and realise your full potential.

WEIGHT MANAGEMENT:

Exercise Physiologists can help you reach your fitness goals and help with your weight loss journey. Along with providing you with individualised exercise programs, our Exercise Physiologists can also help you gain a deeper understanding of weight management to further assist with weight loss.



WE CAN ALSO HELP WITH:

- + Improving cardiorespiratory fitness and the function of the heart and lungs
- + Increasing muscular strength, endurance and power, including post-operative rehab
- + Improving mental health outcomes, fatigue management, and quality of life
- + Designing specifically tailored and prescribed exercises that won't exacerbate prior injury
- + Strategies to empower the participant to meet their goals, including motivational interviewing techniques, exercise planning and ongoing education and support
- + Developing a home exercise program or community gym program with clearly defined goals and milestones



Positive Behaviour Support

Positive Behaviour Support (PBS) is a person-centred approach to behaviour that is focused on improving quality of life and reducing behaviours of concern.

At Better Rehab, we pride ourselves in having clinicians across all disciplines with a wealth of knowledge in behaviour support. Interventions are designed with an interdisciplinary and collaborative approach in mind, so our PBS practitioners will also work closely with Occupational Therapists, Speech Pathologists and Physiotherapists to ensure that the support you'll receive is holistic and effective.

Better Rehab can help with:

- + Assessing why you behave the way you do (Functional Behaviour Assessment) by appraising your physical and social environments and speaking to those who help and care for you
- + Implementing therapy programs and strategies to encourage positive behaviour change
- + Training and educating family, carers and teachers on how to best manage and reduce behaviours of concern
- + Giving advice and training on safety, with the aim to eliminate or reduce restrictive practices over time

WE CAN ALSO HELP WITH:

- + Identifying strategies to build independence
- + Preparation for school, work or other social activities
- + Providing learning support
- + Assisting in developing communication and social skills
- + Providing assistive technology
- + Building your mental health, flexibility and resilience



Paediatrics

Occupational Therapy

Our experienced Occupational Therapists find fun ways to engage children in fundamental development activities such as play, learning and socialising. Our Occupational Therapy for kids addresses challenges in sensory, motor, academic and socio-emotional development for children and adolescents (6 years and older) with a variety of diagnoses.

Our Occupational Therapists will work closely with you and your child, creating a plan that will help remove, adjust or overcome the barrier. Our Occupational Therapists can provide support through:

- + Breaking down a task into smaller steps so that the child can practice and build the skills they need to complete each step
- + Create visual, auditory or tactile (sensory) strategies and tools so that the child can have reminders and signposts to assist them when completing an activity
- + Using equipment or tools to adjust the activity so that the child can complete it independently
- + Practice the situation through play so that the child can build confidence and understanding of the situation
- + Changing the environment so that it meets and maximises the child's abilities to be able to complete the activity independently
- + Educating all of the support people around the child including educators, siblings, family members, friends and peers about how they can best support the child and have fun along the way

At Better Rehab, we look past diagnoses to provide holistic care to the child. Our clinicians are also experienced and can utilise their knowledge of conditions including but not limited to Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), Anxiety, Developmental Delay, Cerebral Palsy, and Down Syndrome to inform their care.



Speech Pathology

Empowering a child to communicate confidently and effectively can transform their life. Our Speech Pathologists or ‘Speechies’ work with children who have difficulty with speaking, listening, understanding language, reading, writing, stuttering or social skills. We also help children with swallowing, chewing or other feeding milestones. We work with you and your family to support your child and can prescribe the latest Augmentative and Alternative Communication and assistive technologies where necessary.



Once we have identified the specific needs that a child has, a Speechie will work with you and your child to find the best strategies to support your child’s development and meet their needs.

Our Speechies can provide support through:

- + Engaging in fun, interactive play sessions, combined with parent education and training to promote early language
- + Using alternative communication systems when verbal language is not available or requires support (i.e. using pictures, technology, key word signing)
- + Explicitly teaching and practicing social skills and supporting these across settings so that a child can use these in the community
- + Learning about food through play, developing oral motor skills and encouraging positive mealtime routines
- + Educating and training parents, carers, teachers and other stakeholders about the child’s communication/feeding needs

Physiotherapy

Our Physiotherapists recognise that movement provides kids an opportunity to explore and expand their world and environments. Your child might benefit from Physiotherapy if they are experiencing developmental delays, difficulty with motor skills or unusual movement patterns. We are expertly trained to work with children recovering from injury, illness or trauma, and those who have complex pain presentations.

Our Physiotherapists can provide support through:

- + Providing a thorough assessment of the child’s mobility and gross motor skills to understand their progress through the developmental journey
- + Specialised programs that work to improve balance, strength, co-ordination and gross motor development
- + Programs designed to help develop sports and recreational skills in order to facilitate greater participation
- + Prescription of equipment to enhance a child’s abilities and independence
- + Use of hydrotherapy to benefit from eliminating gravity whilst exercising
- + Specialised skills in respiratory assessments and treatments
- + Promotion of confidence and increased independence with therapy programs designed specifically for them
- + Support and guidance on how to live their best life and how to overcome any obstacles and barriers at home, in the community or at school.
- + Advice and education around positioning and supports to promote long term health and wellbeing

Positive Behaviour Support

There's no such thing as a bad kid. All behaviour is a form of communication, and our Positive Behaviour Support Practitioners are trained to understand what needs your child is communicating and find ways to express them better. With your family's support and involvement, we will complete a thorough assessment and develop an individualised Behaviour Support Plan for your child.

Our PBS team can provide support through:

- + Completing an individualised assessment to develop a Behaviour Support Plan
- + Helping the child communicate and make requests in a safe, positive way
- + Providing strategies to reduce occurrences of aggression towards themselves or others
- + Helping reduce occurrences of disruptive behaviour
- + Conducting training and mentoring of family, carers and support workers.



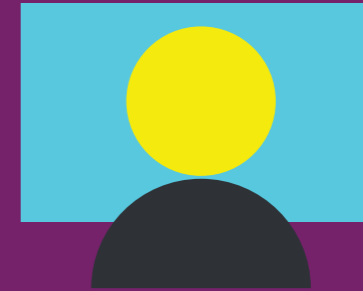
Exercise Physiology

Keeping active is vital for children of all abilities. Our Exercise Physiologists specialise in finding tailored ways to build on your child's individual strength, fitness and functional capacity for their overall health, wellbeing and development. Our experienced Exercise Physiologists find creative and fun ways to engage kids while they reach for their rehab or fitness goals.

Participating in physical activity and decreasing the amount of sedentary time is crucial to a child's health, development and psychosocial wellbeing.

Our Exercise Physiologists can provide support through:

- + Improving general physical and mental health
- + Demonstrating physical activity and exercise that can support medication and behaviour modifications
- + Managing negative health implications of physical inactivity
- + Improving gross and fine motor development
- + Improving physical fitness, aerobic fitness, muscular strength, coordination, balance.
- + Increasing self-confidence and mood



Telehealth

A BETTER WAY TO COMMUNICATE

We know it's not always possible to see a healthcare professional in person. Better Rehab's Telehealth service allows you to continue contact with your therapist via video conferencing or telephone.

Nearly every Better Rehab service can be offered via Telehealth, providing you with a treatment alternative for your peace of mind.

This can also eliminate the cost of travel, allowing us to focus on the more important things—you. We will try to be as flexible with our timing to better suit your needs and your schedule.



Let us
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