

ASSIST Therapy Services - physiotherapy

ASSIST Therapy Services physiotherapists can improve your ability to move so you can take part in everyday activities of your choice. We work with you to enhance:

- mobility
- transfers and manual handling
- positioning
- strength and flexibility
- chest care and breathing.



Mobility

Physiotherapists can help you to improve your mobility within the home and out in the community.

We can recommend strategies such as:

- exercise and strengthening programs
- training and support for you to access your local community
- mobility equipment (for example, walking frames, wheelchairs, powered mobility scooters)
- strategies to reduce the risk of falling.

Transfers and manual handling

Physiotherapists can support you to find ways to move safely and confidently from one surface to another (for example, from wheelchair to bed), including:

- recommending and training for effective methods, or use of equipment, such as hoists and slings
- clear written plans for carer support including the amount of support you need
- carer training.



Positioning

Physiotherapists can help you to minimise pain and risk of pressure injury by helping with comfortable and functional positioning. We may support you by:

- providing positioning equipment (for example, wheelchairs, adult postural chairs, electric beds and pressure management devices such as cushions and mattresses)
- recommending optimal position and supports for specific tasks, including sleeping
- training your carers.

Mobility and falls

Physiotherapists assess your mobility within the home and out in the community.

You may need:

- mobility equipment (for example, walking frames and wheelchairs)
- home modifications to reduce the risk of falling (for example, grab rails)
- exercise or strengthening programs.

Strength and flexibility

Physiotherapists can help you with movement of your lower limbs, upper limbs, trunk and neck. You may need physiotherapy if you are at risk of:

- pressure injuries
- reduced safety when moving

- deformity to joints or posture
- not being able to complete daily living tasks of your choice.

We may provide

- splints or orthotics for lower limbs, including medical grade or customized footwear
- other equipment
- positioning plans
- strength or flexibility programs for lower limbs, upper limbs, trunk or neck
- spasticity management.



Chest care and breathing

Physiotherapists may provide chest care exercises and techniques to help remove mucus from your airways when necessary.

Chest care requires a letter and referral by a medical officer.

More information

Contact ASSIST Therapy Services

Phone 1300 745 477 or 8266 5260

Email DCSIDisabilityASSISTreferrals@sa.gov.au

Contact Disability Information Service

General enquiries

Phone 1300 786 117 (9.00 am to 5.00 pm)

Email disabilityinfo@sa.gov.au

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Tel: 1300 786 117 Email: disabilityinfo@sa.gov.au Website: www.sa.gov.au/disability Version: March 2017



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