



Therapy Professionals Newsletter



Christmas 2022

It's Christmas time again and the rush doesn't get any better with the years.
The team at Therapy Professionals Ltd
hope you have a lovely break over Christmas and New Year.

Christmas and New Year food treats

If you're catering for someone with a swallowing problem during the festive season, it can be hard to know what you can give them or even to remember these treats are food.

Here are some ideas:

Pureed diet (smooth and uniform texture)

- chocolate sauce
- flavoured toppings eg caramel, strawberry
- melted chocolate – try adding a little whipped cream to help slow the resetting time
- chocolate mousse



Minced and Moist diet: (needs to be very finely cut or mashed)

All options suggested for a pureed diet plus:

- finely grated chocolate
- mashed cake or muffin with cream or yoghurt
- trifle, tiramisu (with custard, cream or ice cream)

Easy to Chew diet: (must be able to be easily and cleanly cut with the side of a fork)

All of the options in “pureed” and “minced and moist” plus:

- chocolate fudge
- Russian fudge
- some soft centred caramels
- muffins or cake with cream or yoghurt
- Some soft lollies like ‘explorers’ and ‘bananas’ (test first, if left out on the shelf too long they become hard)
- softened chocolate (placed in microwave until soft)
- Turkish delight (made with jelly and icing sugar)

Enable Equipment

Repairs and Maintenance

Keep this information by your phone



The client or residential provider to contact one of the subcontractors listed below:

- **More Mobility/ Mobytech Ltd**

113 Blenheim Road, Christchurch 8041

Phone: (03) 348 3460 Option 3 or 027 516 2340

Email: repairs@mobytech.co.nz
christchurch@moremobility.co.nz

Website: <http://www.moremobility.co.nz>



- **Personal Mobility Systems (Wheelchair Services (SI) Ltd)** (not generally a mobile service)

29 Shakespeare Road, Christchurch 8240

Phone: (03) 366 8815 or 0275 383 584

Email: admin@mobilitysystems.co.nz

Website: www.mobilitysystems.co.nz

- **Rehab Enterprises, mobile workshop.**

Contact Owen Henwood on

phone: 027 230 5974 *or email:* owenhenwood@live.com

It is recommended repairs should be pre-arranged. A phone call will ensure a prompt and efficient service.

Alteration or Modification of Equipment

If you wish to have a piece of equipment altered or modified this is **not** a repair or maintenance. Call the therapist.

Returning Enable equipment

- Phone 0800 ENABLE (0800 362 253), Mondays to Fridays from 8am to 5pm.

Or follow this link to email

<https://www.enable.co.nz/services/equipment-for-disabled-people/equipment-returns/request-equipment-collection/>



Monthly Nail Trimming Clinics



When ageing or disability makes it hard to reach and cut your toenails we can help with:

- trimming your toenails and finger nails
- removing corns, calluses and dry skin
- managing fungal infections

Monthly Clinics

Physical Sense (300 Colombo Street)	on a Tuesday
Therapy Professionals (12 Coronation St)	on a Thursday
Hornby Community Centre (8 Goulding Ave)	on a Tuesday
Diamond Harbour Medical Centre (2 monthly)	on a Wednesday
Lyttleton Community Church (40 Winchester St)	on a Thursday

Home visits by arrangement, costs include travel time and mileage

Book an appointment at

Therapy Professionals Ltd

Ph: 03 377 5280

Email: admin@tpl.nz

Call us for current costs



Christmas gift ideas for older people?

It's often hard to find useful presents for older relatives because they've got everything! Here are some ideas:

- a gift voucher for some therapy time these can be purchased, see our website

<https://www.therapyprofessionals.co.nz/gift-vouchers.html>



- a comfy chair, follow this link on choosing a chair https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/choosing_a_comfy_armchair__.pdf
- useful gadgets eg tap turners, can and jar openers, adapted garden equipment and plug pullers. These can be found at More Mobility and the Aspire Canterbury shop.

Handy information

Should you have time on your hands over the holiday season have a look at the Information page on our website <http://www.therapyprofessionals.co.nz>

Our therapists regularly prepare these information sheets for use by our clients.

Holiday period hours

Therapy Professionals office will be closed 12.30 pm 23 December and we reopen on 4 January 2023

Between Christmas and New Year on the working days there will be an office person available by phone on 027 435 8970 for **urgent enquiries**.

Some therapists will be on call over the Christmas period, should there be any **urgent** need.

