

# Therapy Professionals Newsletter Christmas 2023



It's almost Christmas and we're getting ready for the festive and holiday season. To help you navigate the festive and holiday season we have some helpful information for you on:

- Christmas treats for those with swallowing problems,
- Enable equipment repairs, alteration or modifications and returns,
- ideas for gifts for those with disabilities and the elderly,
- our holiday hours.

## Christmas and New Year Food Treats

Catering for people with a swallowing problem during the festive season can be hard. Hard to know what treats you can give or even to remember many festive 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
- softened chocolate (placed in microwave until soft),
- Turkish delight (made with jelly and icing sugar),
- yoghurt,
- some soft lollies like ‘explorers’ and ‘bananas’ (test first, if left out on the shelf too long they become hard).

[https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/can\\_people\\_on\\_modified\\_diets\\_have\\_food\\_treats\\_.pdf](https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/can_people_on_modified_diets_have_food_treats_.pdf)

## Enable Equipment

### Repairs and Maintenance

#### **Keep this information by your phone**

First identify if it's enable equipment there should be a label like this



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](http://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 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/>

## Christmas gift ideas for disabled and older people?

It's often hard to find useful presents for disabled or older relatives. 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](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.



## Holiday period hours

Therapy Professionals office will be closed 12.30 pm Friday 22 December and we reopen on Wednesday 3 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**.

Many of our staff are having a well-earned break this holiday season and we will have a limited number of staff working from 22 December 2023 until 15 January 2024, Some therapists will be on call, should there be any **urgent** need.

## 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.





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

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

### 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
Lyttelton Union Church (40 Winchester St)	on a Thursday

Home visits by arrangement costs include travel time and mileage

Book an appointment at  
Therapy Professionals Ltd  
Phone: 03 377 5280 E: admin@tpl.nz

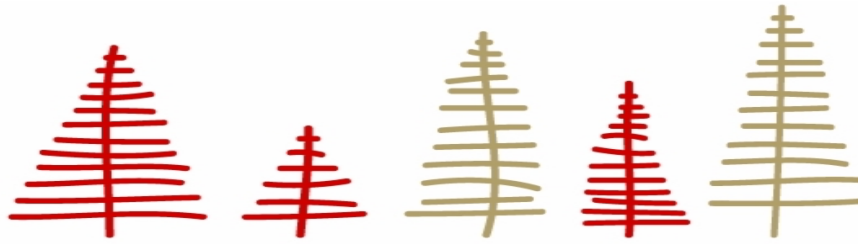
## Services to make life better for those with learning difficulties

Our friendly Therapists can assist you with independence in:

- moving about,
  - communication,
  - eating healthily,
  - getting out and about,
  - eating and drinking safely,
  - participating in work and leisure,
  - housework, cooking and shopping,
  - being social and interacting with others,
  - cleaning, grooming and dressing yourself,
  - applying for government funded equipment,
  - expressing yourself, your emotions and feelings,
  - assessing your equipment needs and advising on where to purchase equipment,
- and much more.



We can help, just contact us at Therapy Professionals



## **Part Time Physiotherapist Wanted**

We are looking for a part time physio to work with students 12 to 22 years old with significant physical and intellectual disabilities.

Hours: 6.5 hours a week in school terms, other work available from time to time.

Setting: a lovely small well organised and friendly school unit.

If you know of anyone who might be interested, they might not be actively looking for work please tell them about this job. **Ph: 03 377 5280**

Merry Christmas  
and  
Happy New Year

We have enjoyed our association with you all this year  
and wish you well for the festive season.

Shonagh and all the staff at Therapy Professionals