

Therapy Professionals Newsletter

Christmas 2020



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 - see our website for details <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 e.g tap turners, can and jar openers, adapted garden equipment and plug pullers. These can be found at More Mobility and the Aspire Canterbury shops.

Christmas and New Year Food Treats

If you're catering for someone with a swallowing problem it can be hard to know what treats to give them.

For some ideas on treats for those with swallowing problems, find this link on the information page on our website (Can people on Modified Diets have food sweet treats?)

https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/can_people_on_modified_diets_have_food_treats_.pdf





Keep up the Oral Cares over the holidays

The festive season can throw us out of routine, making it's easy to forget things like oral hygiene. However it's still very important for all of us because the warmer weather can give us a dry mouth and we consume more sweet and salty treats. It's especially important to do oral cares regularly for people with swallowing problems, who don't take food or fluid via their mouth.

For more information check out our websites information page on Oral Care.
https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/oral_cares__.pdf

Dehydration

Did you know our bodies are 60% water and it is used in:

- digestion
- circulation
- saliva
- transporting nutrients and wastes to and from our cells
- maintaining our body temperature (sweat helps to cool us down)

To help our body's to function properly we need to keep our fluid intake up. Hot summer weather can take its toll on most of us, as it saps away the moisture from our bodies. In such weather we need to drink more water than the usual recommendation of 6-8 standard glasses a day.

Dehydration is life threatening. You may be are at risk of dehydration if you have any of the signs:

- tired and grumpy
- struggling to concentrate
- experiencing a dry mouth
- headachy
- unusually constipated
- unusually hungry and thirsty

You may have some of the signs above, however the best sign of dehydration is you urinate less frequently and the urine is very dark.

If you have any of these symptoms drink more water.



Information you can trust

Therapy Professionals Facebook page - Please visit, like and follow our page. We regularly post useful reliable information relating to ageing, disability, human development and health. It saves you having to search and worry about the information's credibility.

<https://www.facebook.com/Therapy-Professionals-Ltd-103209331468321>

Therapy Professionals web site's information page has many user -friendly articles and handy hints on it. So check it out.

<https://www.therapyprofessionals.co.nz>

Office Hours over the festive period

Therapy Professionals office will be closed from 12 noon 24 December 2020 to 5 January 2021. We will then be open normal hours.

On 29 -31 December 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.

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 fingernails
- 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
Papanui, RSA, 1 Harewood Rd	on a Thursday
Diamond Harbour Medical Centre (2 monthly)	on a Wednesday

Book an appointment at

Therapy Professionals Ltd

Phone: 03 377 5280

Email: admin@tpl.nz

Happy Christmas and New Year

To all our customers and friends, we have enjoyed our association with you over the past year and look forward to this continuing in 2021.

