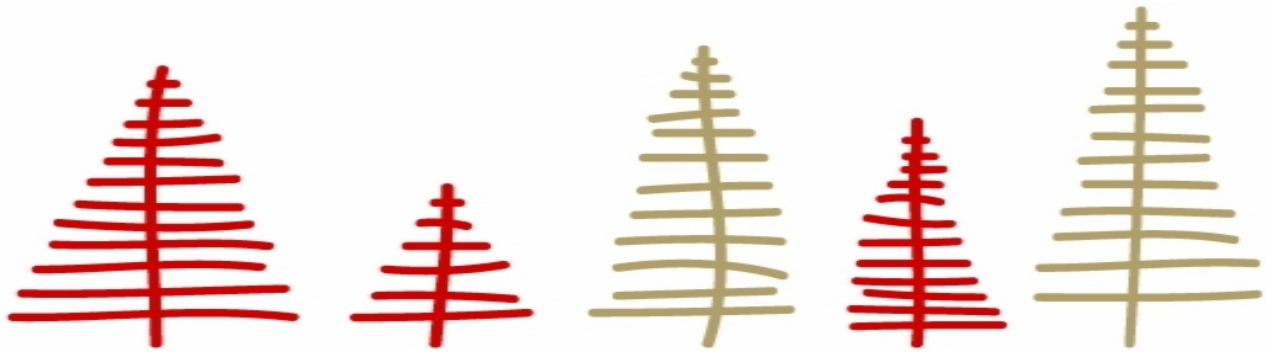


Therapy Professionals Newsletter

Christmas 2021



Covid 19

This time two years ago we first started hearing about Covid 19. Since then it has changed the way we live and behave.

Under the orange traffic light we are open for business for all our patients vaccinated or **not**.

1. Visiting our office:

- scan or sign in
- wear a mask
- keep a one metre distance
- vaccine pass verification:
 - patient's vaccine pass **NOT** required
 - carers, support workers and families - a vaccine pass is required
 - all other visitors are required to have a vaccine pass

2. Our staff visiting your sites

As a Health and Disability provider all our staff are required to be vaccinated.

Please let our staff know what precautions you or your organisation wish them to take when visiting your sites.

3. Staff Development

When we open our staff development up to others we may have to limit this for the required one metre distancing. If you do attend you will be required to:

- scan or sign in
- verify your vaccine pass
- wear a mask
- keep a one metre distance



Christmas and New Year food treats

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

For some ideas on treats find this link on the information page of 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

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 or nail trimming can be purchased – see information on 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.

Someone who's a little different!

We all know someone who is 'a little different' – perhaps they're clumsy, have difficulty writing, are prone to 'meltdowns' and struggle to fit in. This could be a sensory processing problem.

We need to process environmental information through our senses to interpret the world around us and to function well in everyday life.



For some, their nervous system may be receiving, sorting and using information inaccurately from the environment, causing them to either under or overreact to a sensation, or to actively seek or avoid a sensation. This can influence behaviour, interfere with learning, doing everyday activities and simply fitting in, and can lead to a lot of distress for them and those around them.

Many people with autism, intellectual and physical disabilities have problems processing sensory information, which makes life hard. Here at Therapy Professionals our Occupational Therapists can

- identify if someone has a sensory issue and give some strategies to help manage the problematic areas. This whole process can take up to 12 hours.
- Provide training to staff of sensory processing

For more information on this service contact us on Ph 3775 280 or email admin@tpl.nz

Holiday period hours

Therapy Professionals Ltd's office will be closed:

12.30 pm 24 December, 29, 30, 31 December 2021 and 3, 4 January 2022

From 29 December and 4 January 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.

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.

Check out our facebook page:

<https://www.facebook.com/pages/category/Disability-Service/Therapy-Professionals-Ltd-103209331468321/>

Merry Christmas and Happy 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 2022.

