



# Therapy Professionals Ltd Newsletter

Winter 2019

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Winter has arrived with a big bang this year and we hope the sudden change hasn't caused too many issues for you all.

## Exercise during winter



For many of us being physically active is much harder during the colder darker months. However it's important for us all to get as much exercise as we can.

Here are a few tips for you and your customers:

- Get up every half hour, straighten your knees, stand tall and gently stretch your back.



- Stand and sit, 10 times in a controlled, slow way, several times a day.



*Hold for 10 seconds*

- Leg strengthening exercises



- Walk on tip toes around the house.
- Bend your knees (with feet well apart) while doing the dishes.
- To encourage you to get up, have your phone and TV remote out of reach, but not so far that you have to rush to get them.

**Rule of thumb – move whenever you can!**

## Preventing Falls

We know exercise is important for all aspects of our health. As we age we lose strength, our balance declines and bones weaken. This makes the elderly more prone to falls and injuries from falls. Apart from increasing strength and balance exercises there are a number of measures we can take:



- Increase the calcium in our diets
- Try to get a daily dose of Vitamin D from sunshine, your diet or supplements
- Get medications checked by a doctor
- Ensure shoes and slippers fit well and have a good sole
- Get eyesight checked regularly
- Clear areas of trip hazards like mats and cords
- Ensure lighting is good especially at night
- Once standing, pause before starting to walk
- Cut your alcohol consumption down.

## Helping someone to get up from a chair

Sometimes those you're caring for will need a little help to get up and move. Here are a few tips on helping them get up from a chair:

Get their attention and tell them you want them to get up from the chair. Ask them to:

- put their hands on the arms of the chair
- shuffle their bottom forward in the chair
- place legs shoulder width apart
- tuck feet under chair
- lean forward, feet on the floor, nose over toes
- rock their body back and forth (if required)
- on the count of 3 push up through their hands and feet to stand



## If they need you to assist them to walk

- place your arm closest to them, between their arm and body.
- hold their forearm with this hand
- with your opposite hand palm up and their hand palm down, grip their hand
- walk keeping your body close to theirs.
- they may use a stick or walker.



If they need more than just a prompt to get up, ask them to:

- put their hands on the arms of the chair
- shuffle their bottom forward in the chair
- place legs shoulder width apart
- tuck feet under chair
- lean forward, feet on the floor, nose over toes
- on the count of 3 ask them to push up through their hands and feet to stand



You will:

- stand beside them looking in the direction they will be going.
- have your legs in a lunge position with leg close to the person about the level of their body and the other about the place they will be standing
- place your arm across their back and the hand on their bottom or hip
- tuck the back of their shoulder into the front of your shoulder
- place your other hand on the front of their shoulder (their shoulder should be sandwiched firmly between your shoulder and hand)
- keep yourself close to the person
- ask them to rock their body back and forth
- on the count of 3 ask them to push up through their hands and feet to stand
- step forward with them. Both your feet should be together.

You can walk holding them in this position, ensuring you keep them close.

If they need more support two people can do the move.

## Ex Templeton Contract

We have just had our contract renewed for the next three years, which is great. Unfortunately because the numbers of ex Templeton clients has declined, the funding and the hours have dropped.

Since our last decrease we have had waiting lists for services and we have appreciated providers patience with this. Unfortunately these waiting lists are only going to get worse. We ask you once again to be patient with us.

## We have had a number of staff changes recently.

Nicola Hacon, Dietitian went on maternity leave at the end of March and Kristal Nichol is filling in for her.

Cathryn Taylor, Occupational Therapist has left to take up a full time position in the mental health services and Tessa Bowden has replaced her. Tessa will slowly work her way through the sensory assessment waiting list while Kerryn Muir (KC) will continue to do the equipment.

## 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 2 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 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.

## Dysphagia Update

You may notice some of the terminology in the Eating and Drinking Plans for people with Dysphagia has changed. At Therapy Professionals we are now using the IDDSI framework (International Dysphagia Diet Standardisation Initiative) to describe food and drinks that are safest for people with eating and drinking difficulties.

The new framework is meant to make it easy for the person serving the meal. It has testing methods to ensure accuracy for thickening fluids and ensuring food is the right consistency.

Therapy Professionals is offering training for staff/carers working with people with Dysphagia. This covers:

1. What dysphagia is - where the anatomical issues can occur
2. How to recognise Dysphagia in your clients.
3. How to manage Dysphagia.

# Training

**Therapy Professionals Ltd** works with people who have a disability and their carers. Our particular interests are those with an intellectual disability (ID) and/or the Elderly.

Any of the sessions listed can be adapted for specific needs on request.

## *Intellectual/Physical Disabilities*

- An overview of Intellectual and Physical Disabilities

## *Assisting Independence with equipment*

### *Communication*

- Communication Awareness for the Communication Partner
- Alternative Communication, visual strategies, technology
- Visual Strategies – Building on Abilities

### *Eating and Drinking Difficulties (Dysphagia)*

- Introduction to Eating and Drinking Difficulties (Dysphagia)
- Detailed look at Eating and Drinking Difficulties
- Food and Fluid Modifications
- Feeding Another Person
- Enteral Feeding



### *Keeping clients comfortable*

- Mobilising of limbs
- Positioning
- Stretch programmes
- Preventing pressure areas



### *Making the day more meaningful*

- Activities
- Music
- Inclusion

### *Manual Handling Training*

- Manual Handling Principles and Back care
- Sit to stand transfers and bed mobility
- Bed Mobility
- Sling hoists and standing hoists

### *Nutrition*

- Healthy Eating
- Food Safety
- Ageing

### *Sensory Issues*

- Sensory system
- Under and over reacting to sensory input
- Actively seek or avoiding sensory experiences
- Strategies for managing sensory issues



### *Other training including the Ageing Process:*

- Exercise classes
- Ageing Muscles and Bones
- Neurological Disorders (strokes, Parkinsons)
- Dementia
- Healthy Living (staying fit and active)
- Falls Prevention
- Physiotherapy Assistants and Activity Officers Training and Supervision
- Teaching and Learning
- Assertiveness
- Conflict resolution
- Stress Management
- Pelvic Floor Muscles
- Injury Prevention
- Anxiety and Depression

## Music Therapy

“Music therapy is the planned use of music to assist with the healing and personal growth of people with identified emotional, intellectual, physical or social needs” (Music Therapy New Zealand).

Music therapists are musicians with postgraduate qualifications in music therapy and are registered with Music Therapy New Zealand. They use music as a tool to assist people to achieve therapeutic goals. These goals include: developing communication and social skills; memory and learning; improving confidence; reducing anxiety and depression; encouraging physical movement and independence.

Music therapy is a creative process where the person is central. It is the process that's important, not the end musical product. Live music is used, as it is flexible and allows the therapist to be with the person in the moment. Music Therapist work in a variety of settings with people of all ages with a wide range of needs. Therapy can be provided to individuals and small groups. Consultation can assist families and caregivers to effectively use music, sound and silence.

If you have a client you think may respond to music therapy, call us for an assessment

Phone: (03) 377 5280

Email: [admin@tpl.nz](mailto:admin@tpl.nz)

## Staff Profile – Liz Wallace



Liz is a Registered Music Therapist with extensive experience working with those with a disability.

She has worked for Therapy Professionals for many years and is a valuable team member of the transdisciplinary team.

Her special interest is working with people with an intellectual disability, and physical disabilities.





## Sick of waiting for the Public Health System

Therapy Professionals Ltd has worked with children, adults and the elderly with disabilities since 1985.

Our physio, speech language, music and occupational therapists, and dietitians are available to provide services privately.

This may be through a contract with an organisation or directly with an individual.

Just contact us. We can help.  
Phone: 03 377 5280 Fax: 03 377 5281  
admin@tpl.nz  
Website: [www.therapyprofessionals.co.nz](http://www.therapyprofessionals.co.nz)

## Equipment Sale

If you're interested in any of the items below just contact us phone 03 3775280 or email admin@tpl.nz

**Frames & crutches:**  
\$10 or near offer

**Lift a Chair** retailed  
for \$1500 – only a  
year old

Make us a good  
offer



1



2



3



4



5



6



7 (pair)



(3 singles)

8



9



10

## Nail Trimming Service

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



**Book an appointment**  
**Phone:** 03 377 5280  
**Email:** admin@tpl.nz



**Payment by:**

Cash, cheque or internet banking 03 1707 0063640 000. Reference: your name

## Having trouble finding a gift?

*Therapy Professionals gift vouchers could be the answer.*

If you want to give an elderly relative or a child with special needs a little help, and don't know how? A gift voucher can be a very good way to do this.

Choose any amount from \$25 or over to go towards Physio, Speech Language, Music and Occupational Therapy and Dietetics.

If you're not sure what these therapists do, check out our website

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



## Gift Voucher for Therapy

**Voucher No:**

This certificate contributes to the cost of therapy services. Contact Therapy Professionals Ltd to organise therapy.  
Voucher not transferrable for cash.

To: \_\_\_\_\_

From: \_\_\_\_\_

Amount: \_\_\_\_\_

Valid until: \_\_\_\_\_



**Therapy Professionals Ltd**  
Physio, Speech Language, Music,  
Occupational Therapists & Dietitians

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