



Therapy Professionals Ltd

Spring Newsletter 2019

It must be Spring as the blossom is out, the weather is changeable and everyone seems to have a spring in their step.

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Therapy Professionals

*Physio, Speech Language, Music and Occupational Therapists, and Dietitians
improving the lives of Children, Adults and the Elderly
with disabilities since 1985.*

We provide regular or casual therapy and training services to:

- Private individuals
- Schools
- Aged care facilities
- Hospitals
- Residential facilities
- Voluntary societies
- Work places



Here is a selection of Therapy Professionals services

Moving and handling of people training



Helping you increase productivity, profits and staff retention.

Training covers:

- Back care
- Core Moving and Handling Principles
- Sit to stand transfers
- Bed mobility
- Sling and standing hoists
- Problem solving

We can provide training or assist with your Train the Trainer Programme

Physiotherapy for ACC – wherever you live, work, play or learn

We need **either:**

- A copy of the ACC45

or:

- Date of Accident
- Date of Birth



and once you have the letter of acceptance we can start. We charge a co-payment.

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



Monthly Clinics

Tuesday am at Physical Sense
Thursday pm at Spreydon Office

Age Related Services

Keep on your feet as you age

Ensure against the declining falls create

Our team can help you and your friends understand falls, giving practical tips on keeping yourselves fit, active and free from falls.

The Falls Cycle



Planning joint surgery



Equipment helps:

- take weight off the operation site
- the operation site to heal and prevents damage

Equipment makes it easier to:

- sit down and stand up
- pick up objects
- move things around
- move yourself around
- bath, shower and dress yourself

Arthritis / Elderly / Disabled Exercise Classes Designed by physiotherapists

Tuesday

Merivale

The Blind Foundation
96 Bristol St

9.30 – 10.30 am

Friday

Somerfield

St Marks Church Hall
Corner Somerfield &
Barrington Streets

9.15 – 10.15 am

Friday

Hornby

Presbyterian Church Hall
27 Amyes Road

11 am – 12 midday



Learning (Intellectual) and Physical disabilities services

Learning (intellectual) and Physical Disabilities - Services to help make life better!

Assisting with independence in:

- moving around
- communicating
- being social
- cleaning, grooming and dressing yourself
- housework, cooking and shopping
- eating and drinking safely
- eating healthily
- getting out and about
- participating in work and hobbies



Sensory Disability

(incorrectly understanding and use information from your environment)

Services to help make life better!



Our therapists can help you to:

- move in a coordinated way
- write, dress and use cutlery
- think and learn better
- relate to others better
- manage sensory experiences better (sound, touch, tastes and smells)

Help your child to communicate effectively

If your child is having problems

- speaking clearly
- stuttering
- speaking in sentences
- knowing and choosing the right words to express themselves
- understanding what has been said
- following instructions
- staying on topic
- taking turns, respecting personal space
- using eye contact appropriately
- talking with their friends



We are in the process of investigating running community based life skills groups **watch** this space!

If you are interested in any of these services

Contact us now **ph** 03 3775280

email admin@tpl.nz



Staff Profile - Lucy Bolton, Physiotherapist



Graduated from Otago Physiotherapy School in 2015. While a student Lucy worked as a physiotherapy assistant in aged care, which is her area of passion.

Lucy has represented New Zealand in Korfbal and competes at a national level in crossfit. Recently she and a friend have purchased a Crossfit gym Alpha Fitness on Annex Road.

Enable Equipment – Government funded equipment

Enable equipment is available to anyone living independently at home and to some in residential service. Excluded are aged care rest home and hospital care clients.

If you, or someone you know, is struggling at home, equipment may make life easier and help maintain independence. Our Physio and Occupational Therapists are available to give advice on equipment and for expensive items they may make an application for Enable funded equipment.

For more information on Enable funded equipment check out this link:

http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/enable_equipment_service_.pdf

Christmas is coming

Sometimes it's hard to know what to get elder relatives or friends for Christmas, as they seem to have everything! Here are a few suggestions:

- Some small gadgets like tap turners, kettle tippers and special can openers can be very helpful
- A voucher towards a Therapy
- An armchair that's supportive and easy to get out of. Check the link below

http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/choosing_a_comfy_armchair_.pdf

Equipment for 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



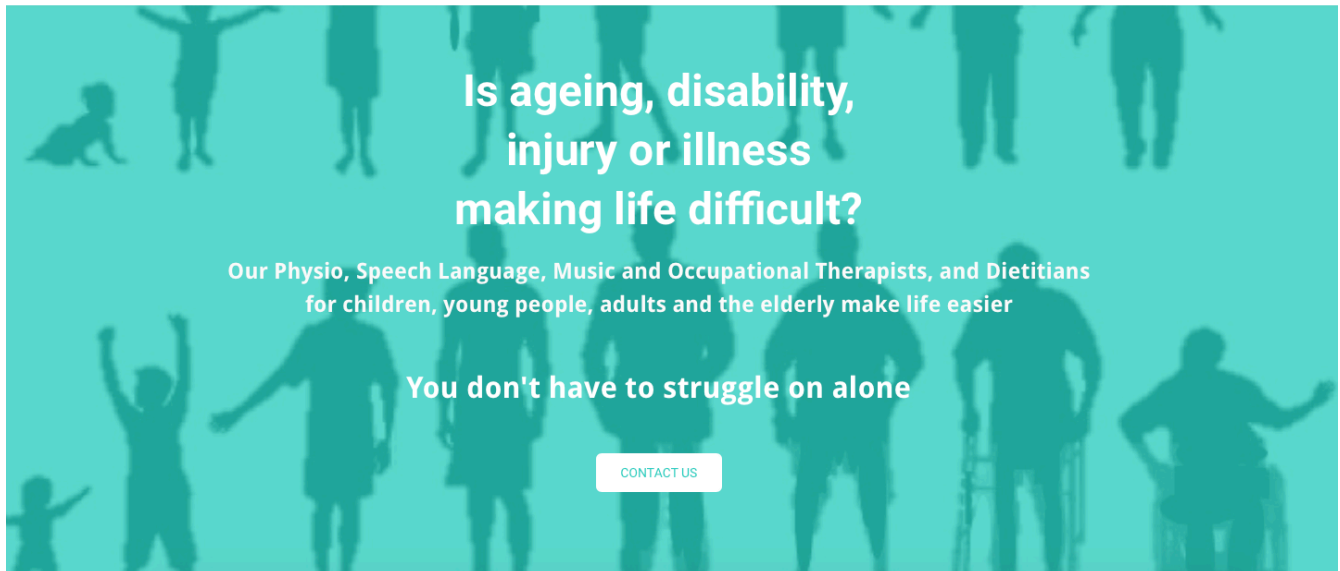
Therapy Professionals Website

This site has some very useful information on it; take some time to look at the Handy Hints available. Follow this link.

<http://www.therapyprofessionals.co.nz/information-and-handy-hints.html>



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Recent items include:

- Disability - a family burden
- Having trouble sleeping as you age
- Beat morning stiffness
- The magic Power of diaphragmatic breathing

Professionals for Positive Ageing - Canterbury

Therapy Professionals Ltd belongs to Professionals for Positive Ageing – a network of private professionals who work with older adults to improve health, wellbeing and quality of life.

Members include:

- Exercise as Medicine NZ
- Home Assistants for Seniors
- On the Go Physio
- Physical Sense Gym and Physio
- Thrive
- Voice Communication and Swallowing Specialists

*For timely services give
your patients the choice
of going private*