



Therapy Professionals Ltd

Newsletter

Spring 2017

Prevent Falls by Staying on your Feet!

In any year, 35% of 65-79 year olds, 45% of 80-89 year olds, and 55% of 90 plus year olds experience a fall. About 55% result in minor soft tissue injuries while 22% need medical attention. It's the most common and costly cause of injury for those over 65 years.

The economic costs of fall injuries include hospital, rehabilitation and resulting disability. Prevention is the best solution.

There are many things that contribute to increasing our risk of falling as we age and there are things we can do to reduce these risks. Here at Therapy Professionals we have a wealth of experience and knowledge in falls prevention.

Don't wait to have a fall before you get help, contact us at Therapy Professionals and our friendly Physiotherapy and Occupational Therapists can help.

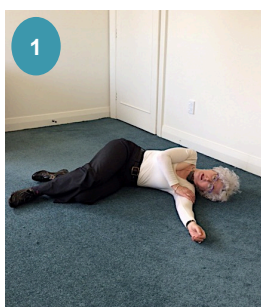
If you happen to fall or are helping someone get up after falling, here is a helpful guide for getting up from the floor.



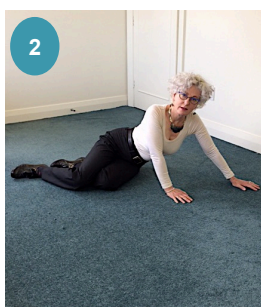
Therapy Professionals
Physio, Speech Language, Music,
Occupational Therapists & Dietitians

Getting yourself up from the floor

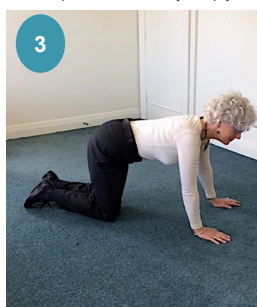
The majority of calls to London ambulances from over 65 year olds are for help after a fall. Of these, 40% do not need hospitalisation – they simply cannot get up from the floor.



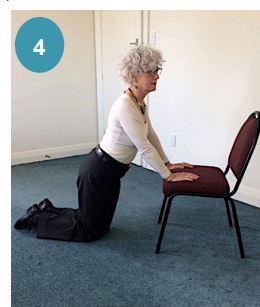
1 Pull yourself onto your side



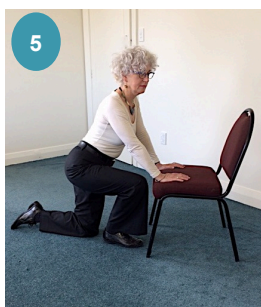
2 Push up onto your hands



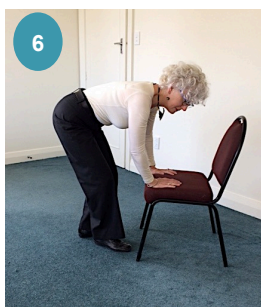
3 Push up onto your hands & knees



4 Place your hands on a solid surface or chair (without wheels)



5 Bring your strongest leg up first



6 Bring your other leg up & stand



7 Swing yourself onto the chair



8 Sit for a while before moving

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

Speech Language Therapy

A Speech Language Therapist helps with managing or improving communication and swallowing problems. They specialise in both, as many of the same muscles, nerves and body parts are used for speech and eating and drinking.



If communication is a problem, contact us. We may be able to help when any of the following are a problem:

Non- Verbal communication

- facial expression
- gesture/sign language
- body language
- symbols (writing, drawing, pictures)
- technology – using email, texting, alternative communication devices

Social Rules:

- considering other people's points of view
- recognising non verbal clues
- taking turns, eye contact, personal space
- staying on topic, having conversations
- adapting communication for different situations or audiences

Verbal communication:

Speech

- making sounds like 'k' and 's' clearly
- talking without hesitation or repetition
- talking with a strong voice
- making the voice lively and interesting
- hoarse or husky voice

Language

- making sense of what people say
- knowing and choosing the right words to explain your meaning
- joining words together in sentences, stories and conversations

If you have a problem eating and drinking you may be experiencing some of these symptoms:

- coughing while eating or drinking
- choking while eating and drinking
- repeated chest infections
- taking longer to eat or drink
- reduced appetite
- unintentional weight loss
- avoiding eating/drinking in public
- food sticking in your throat
- dribbling
- food/fluid coming out of the nose
- spilling food from mouth while eating
- wet or gurgly voice after eating or drinking
- dehydration

If you know someone who is struggling with eating and drinking contact us.

All our Speech Language Therapists are members of the New Zealand Speech Therapy Association giving you the assurance they have the required education, knowledge and skills, keep up to date with the latest trends and research and adhere to a code of ethics

Phone: (03) 377 5280
Email: therapyprofessionals@clear.net.nz
Website: www.therapyprofessionals.co.nz

Staff Profile – Rae Taylor, Speech Language Therapist

Rae has been working as a Speech Language Therapist since 1995. She has a Bachelor of Speech Language Therapy from Canterbury.

She has worked in a variety of settings in New Zealand and overseas, working for the NHS in London for eight years, specialising in developing Speech Therapy services for children under five years.

Rae did voluntary work in Ghana, West Africa where she worked extensively supporting children with autism. She has worked with high school aged children with disabilities in Sydney. She returned from her overseas adventures in December 2010 and has worked for Therapy Professionals Ltd since January 2013.



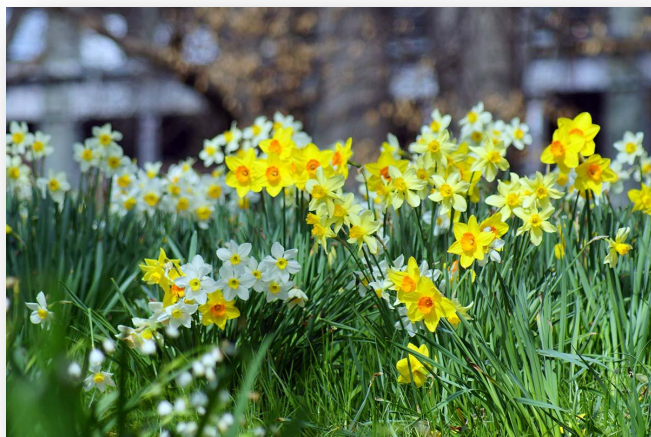
In this role she works with people with intellectual and physical disabilities and young students with learning disabilities. She works with people who have difficulties with eating and drinking and communication. Rae is passionate about giving people a means of getting their message across, whether it is through using Makaton signs, pictures, photos or their voice.

Keep Fit with Gardening

It's spring and with all the rain we've had, the growth has been tremendous. We're all itching to get out there and tame the growth. Gardening is a great activity, it's good for the soul and helps keep us fit. It works and stretches our muscles, however it can be **hard** on other parts of the body, especially our back and knees.

Our friendly physios and occupational therapists have some helpful tips on keeping fit while gardening. You'll find this on our website. Just follow this link and enjoy your gardening this spring.

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



Events

Don't miss **The Cantabrainers Choir Concert**
10 am Wednesday 13 December

For more information on the Choir follow this link:

<http://www.therapyprofessionals.co.nz/cantabrainers-choir.html>

Coming Soon - Our Nail Trimming Service

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

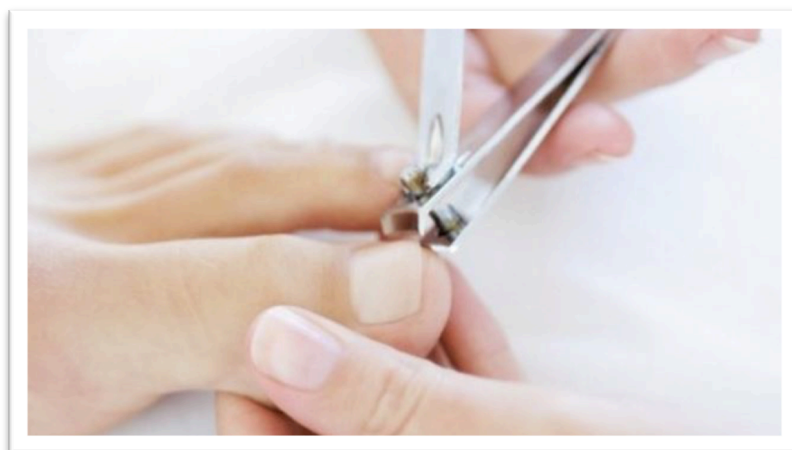
- trimming your toenails and finger nails
- removing corns, calluses and dry skin
- managing fungal infections

Long and poorly cared for toenails can cause discomfort, pain and infection, which may affect your mobility and independence.

Nails need to be trimmed regularly, we recommend trimming every 6- 12 weeks, depending on how fast they grow.

We will be starting Nail Trimming clinics in February 2018.

We will let you know where and when closer to the time.



Therapy Professionals Ltd

Phone: (03) 377 5280
Email: therapyprofessionals@clear.net.nz
Website: www.therapyprofessionals.co.nz