



Therapy Professionals Ltd

Winter Newsletter 2017



Winter Illness



Preventing Winter Illness

Winter illnesses cause all sorts of headaches for individuals, employers, employees, and the young and old. There are a number of things we can do that may prevent winter illness, such as:

- flu injections
- vitamin D (gained from exposure to the sun, tablet or include salmon and tuna)
- eating a balanced diet
- keeping physically fit
- encouraging those who are sick to stay home
- wiping surfaces that have been coughed over eg phones, keyboards
- washing cups and cutlery well
- good hand washing (follow this link for hand washing instructions)

<http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/handwashing.pdf>



Complications of Winter Illness

The elderly and disabled have a higher risk of complications from winter illnesses, such as:

- dehydration
- poor nutrition
- chest infections (follow this link for advice on preventing chest infections)
- pressure areas
- deep vein thrombosis

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



We recommend you talk to our team of experts who can give you advice on reducing these risks before your clients get ill and the illness takes hold. Just call us on Phone: 377 5280. There may be a small charge for this service.

Exercise

When you're sick or have been sick it's often hard to know if you should exercise or not. This link gives some great advice.

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

Diet

While there's not much you can do to reverse a cold or flu there is evidence that you can shorten the duration and severity by:

- drinking plenty of fluid – try warm fluids such as herbal teas, lemon and honey drinks & soups.
- eating more vitamin C rich foods and veges - good choices include broccoli, kiwifruit & oranges
- enjoying home made chicken soup

Research has shown that chicken soup sometimes called 'Jewish penicillin' can help relieve cold symptoms. Try this immune boosting recipe by Jamie Oliver recommended by our Dietitian (the matzo balls are optional).

<http://www.jamieoliver.com/recipes/chicken-recipes/jewish-penicillin/>

Maintaining an older person's independence

Sometimes as people age they find it hard to manage at home. Given the choice, most of us would like to remain in our own home. Occupational Therapists can work with you to find solutions to the barriers that make every day life challenging.

If you or someone you know is struggling at home our Occupational Therapist can help.

Just contact us. We come to you.

Phone: 03 377 5280

Email: therapyprofessionals@clear.net.nz

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



Occupational Therapy

Occupational Therapists help with **all** the things you do on a daily basis: looking after yourself and others, your environment, your leisure and work. They aim to maintain or improve your independence, health, wellbeing and the quality of life.

Occupational Therapists are registered under an Act of Parliament. They meet standards required by the Occupational Therapy Board.

Occupational Therapists will help identify the cause of your difficulties. They will recommend practical solutions for the best possible outcome for your needs, wherever you live, work, learn, or play. For example:

- ways to increase your independence
- choosing, issuing and sourcing equipment
- alternative ways of doing things
- eliminating hazards
- organising your physical environments to function for you

They will help you and those supporting you to:

- understand how your age and disability, injury or illness affects your independence and wellbeing
- find ways for you to function as independently as possible
- make a plan and help you put it into action
- source equipment and its funding
- work with other health professionals and those involved with your care.

Staff Profile

KC (Kerryn) Muir, Occupational Therapist

KC has been an Occupational Therapist since 2004. She has a Bachelor of Occupational Therapy from Otago Polytechnic.

Her clinical work has included working in hospitals and the community with all ages. Her special interests are working with children and the physically and intellectually disabled.



Music Therapy Week 1-9 July

To understand more about Music Therapy follow these links

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

For more information about Music Therapy contact us on 377 5280.

The Cantabrainers Winter Concert

The concert was a great success and was a great way to celebrate Music Therapy week. If you missed the concert follow these links to see what you missed.



<https://www.facebook.com/cantabrainerschoir/>

<https://www.stuff.co.nz/the-press/christchurch-life/art-and-stage/christchurch-music/94400123/the-choir-providing-a-chance-to-heal-perform-and-socialise>

The Cantabrainers Choir is for people with neurological conditions such as Parkinson's Disease, Stroke and Multiple Sclerosis. It helps them find their voice again through singing and socialising.

To find out more follow this link <http://www.therapyprofessionals.co.nz/cantabrainers-choir.html>

If you know anyone who has a neurological condition affecting their communication let them know about the choir. We welcome visitors, so come along to a practice any Wednesday during the school term.

10 am - 11.45 am

Mary Potter Community Centre, 442 Durham Street North, Christchurch.



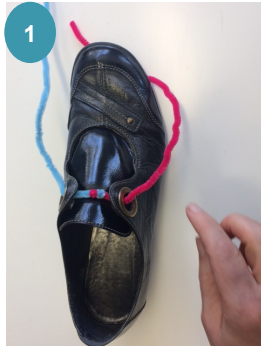
If you wish to support the choir purchase an **Entertainment book**

The link is : <http://www.entbook.co.nz/9343k45>

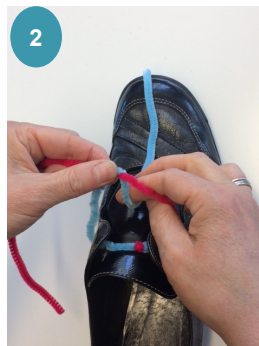
or donate through Give a Little : givealittle.co.nz/org/cantabrainerschoir

Tying Shoelaces

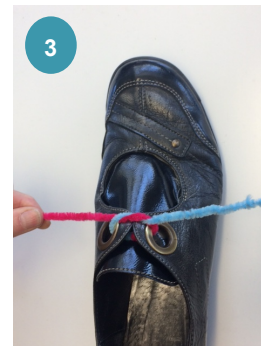
A child's fine motor (hands and fingers) skill development impacts on every area of a child's life. For some children, a skill that is slow to develop can be a source of frustration and cause avoidance of important developmental tasks such as writing, dressing, and participating in sports. Tying shoe laces can be a great source of stress. Here is a 9-step guide to tying shoelaces.



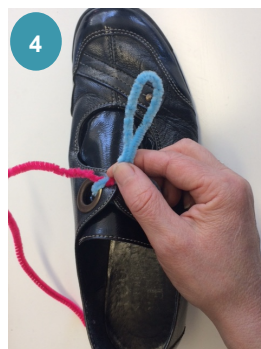
1 Pick up a lace in each hand



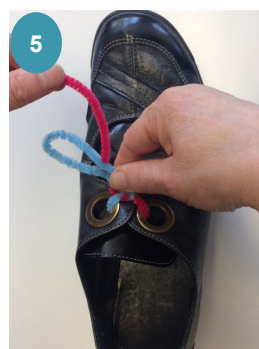
2 Cross top lace (blue) under bottom lace (red)



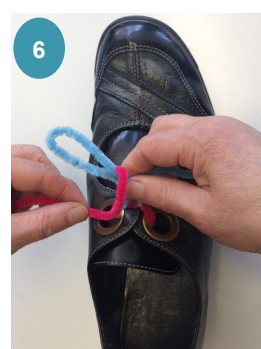
3 Pull tight



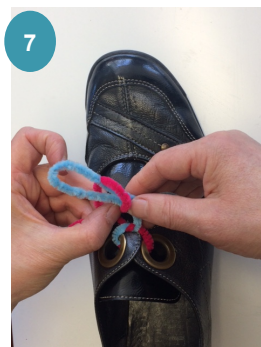
4 Make loop (blue) lace pinch tight



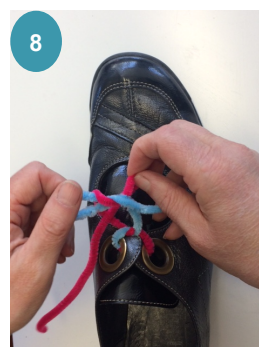
5 Circle (red) lace in behind loop



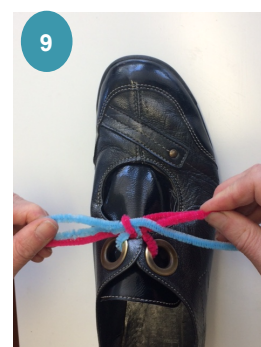
6 Circle red lace in front of loop



7 Push lace (red) through new hole with thumb



8 Grab new loop (red) with thumb and index finger



9 Pull loops tight

An Occupational Therapist can help by assessing and suggesting a fun range of activities for school and home to develop a child's fine motor (hand and finger) skills.

Therapy Professionals is a community based private practice of Physio, Speech Language, Music and Occupational Therapists and Dietitians. We work with people of all ages with disabilities, our special interests being ageing, intellectual and physical disabilities.

We can help. We come to you.

Phone: 03 377 5280
Fax: 03 377 5281
Email: mailto:therapyprofessionals@clear.net.nz
Website: www.therapyprofessionals.co.nz



Driving Miss Daisy
Phone: 0800 948 432
www.drivingmissdaisy.co.nz



Knights Property Services
www.knightspropertyservices.co.nz
Phone: (03) 377 8585 or 021 084 38770