



ALLIED HEALTH

Newsletter



MESSAGE FROM SUPER REHAB

by Health Service Manager - Tina Tung

'You are not alone!' Super Rehab is always here to support the community. Our business continues to operate during this tough times. The health and safety of our clients is always our top priority; we are continuing to provide home visits in the community and take particular care to protect our clients, we are also offering TeleRehab service and Phone Consultation to meet our clients' needs and requests.

To keep our safety measures and precautions up-to-date, all our staff have completed COVID-19 infection control training and have received flu vaccination to protect the vulnerable community members and older people who we visit. We keep ourselves updated with authoritative information, updates and advice on COVID-19 from Australian Department of Health and other government agencies across Australia.

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TELEREHAB SERVICE

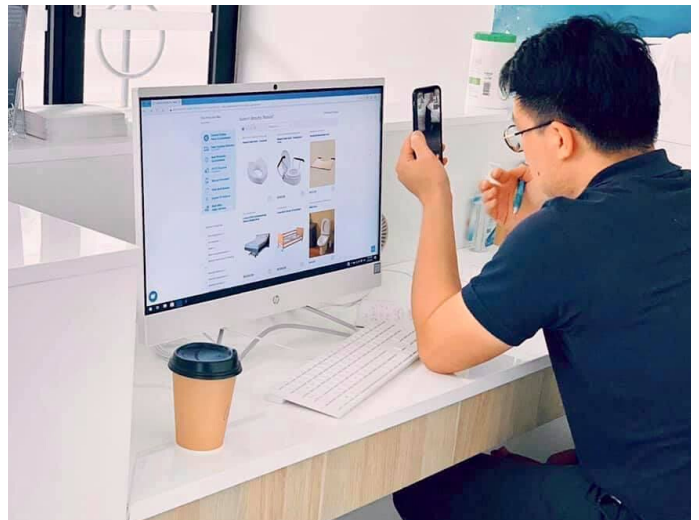


"I really think my mum should continue doing exercise to keep her active and physically fit. However, I don't want any visitors to come to our home particularly during current situation. It's good to know Super Rehab can offer TeleRehab service. So, my mum can continue her exercise program with her favourite exercise physiologist (Leon)."

Our creative and enthusiastic exercise physiologist Leon is assessing client's function and guiding the client to perform functional exercise during **TeleRehab Service**. Leon is able to provide clear guidance and instruction throughout the session, and answer the carer's enquires through our online platform. Client and the daughter are both happy with the exercise session and are keen to continue to use **TeleRehab Service**.

"My mum fractured her leg and she was so worried to see people from outside due to Coronavirus. However, we found difficult to look after her without proper equipment. Thanks to Super Rehab, we can continue to look after our mum and keep her safe at home."

Our senior occupational therapist Peter is assessing the client's functional capability and capacity during **TeleRehab Service**. Peter is demonstrating the equipment recommended for the client after assessment. Client and the daughter feel relieved after consulting with Peter and feel confident managing at home using the recommended equipment.



For more information about TeleRehab Service and Phone Consultation, please [**visit our website**](#) or [**contact us**](#).

MANUAL HANDLING TRAINING

Specially designed for community care workers

Unlike other manual handling training, our participants are provided with practical learning experience so that they can practice operating a lifting hoist to transfer a person between hospital bed and wheelchair, operating a standing hoist to assist sit-to-stand from chair, and using slide sheet to assist bed mobility. The training is presented and assessed by our experienced therapists.

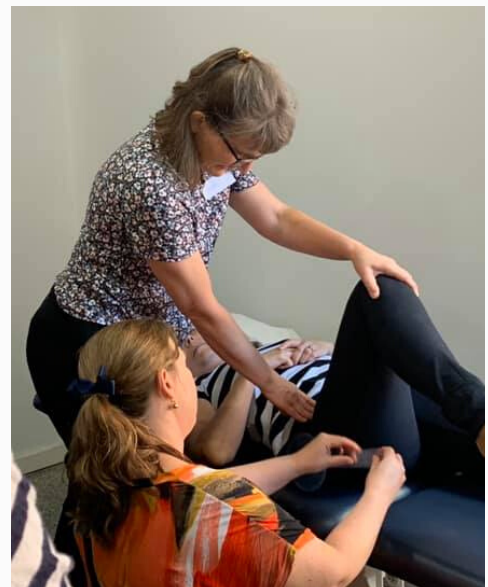
Our participants' competency will be assessed during the practical component, and certificate will be issued on the day.



Click for more info on [Manual Handling Training](#).

SEATING WORKSHOP

Wednesday 18 March 2020, Petersham Clinic



"It was great to connect with other occupational therapists from different clinical backgrounds and learn things together. I hope there will be another workshop coming soon."

It is not an easy job to work alone in the community. As a therapist, we do need to take time to reflect on our previous work experience, consolidate our knowledge, and upskill by learning from an experienced therapist and from each other. We are so pleased that we can invite Ms Catherine Kos who is specialised in complex wheelchair seating to share her knowledge and experience and guide us with seating assessment and intervention.

We love the small group discussion and the support we have received from our OT colleagues and other participants. Together we become more confident with helping people with complex seating needs in the community.

MEET OUR DIETITIAN

Mr. Kevin cheng

Kevin decided to be a dietitian since his high school. He is always keen to help people maintain a healthy and balanced diet. Being a dietitian, he is able to help people to change long-term eating habit, guide them taking appropriate food options and portion size without making them feel restricted but with long-term commitment and sustainability.

At work, he enjoys working with other health professionals to assist the common clients to achieve their goals.

During his leisure time, he likes to try different variety of cuisines around the world. His favourite food is chocolate and he likes to drink a lot of water especially after a workout.

To know more about Kevin, please visit the [blog in our website](#).



XUEYU'S STORY

With our senior Occupational Therapist (Peter)

Xueyu always enjoys going out to the city, visiting friends, and going to local shops, library and markets. She likes to be independent with travelling so she can continue to get to these places. However because of increasing weakness on her legs, she is worried that she might not drive her car in the future.

After consulting with her GP and obtaining medical clearance, our OT Peter meets Xueyu for a comprehensive assessment of her functional capacity and home environment, and organises 3 scooters for her to trial around the neighbourhood and in the local community. Post the trial, Xueyu feels confident using the scooter and she would love to drive her new scooter to say hi to her neighbours and friends. She is thankful that Peter understands her physical, social and cultural needs and is very patient throughout the process.



To know more about the services we provide, please [visit our website](#)

STAY WELL & CONNECTED WITH SUPER REHAB