

A **SUPER** Update

QUARTERLY NEWS FROM SUPER REHAB



Message from Super Rehab

Hello and welcome to the Autumn edition of the Super Rehab newsletter! Can you believe it's April already?

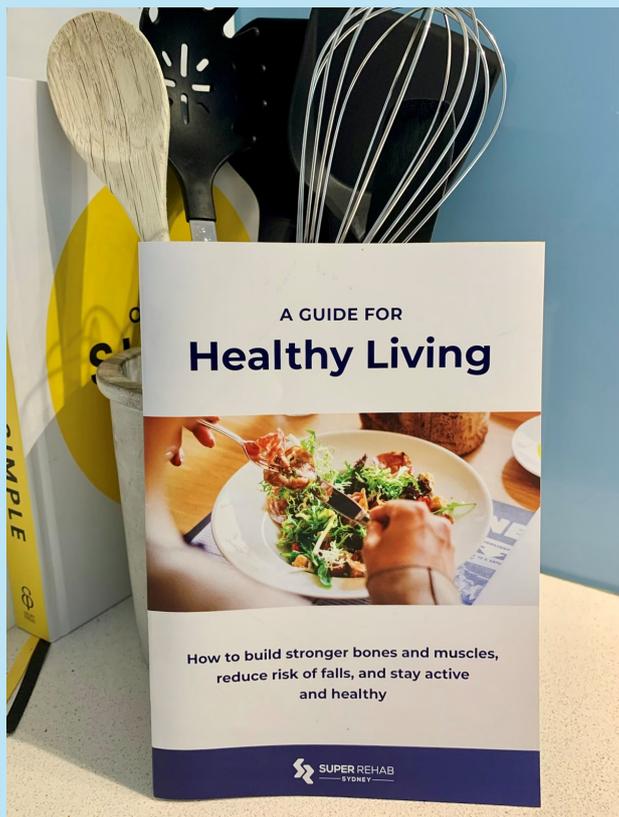
Have you or someone you love had a fall? We know first hand what it's like to manage the aftermath of a fall. Even if you haven't been injured, a fall can impact your life and wellbeing significantly. Super Rehab can help restore your confidence. Our experienced and friendly allied health professionals can recommend equipment to keep you safe, help with exercise programs to reduce your risk of falls and give advice to keep you healthy and reduce your risk. Also in this edition is a client story of one of our wonderful clients, and check out our new publication, "A Guide for Health Living", an exclusive free resource for our Super Rehab clients.

Margaret Beattie, Health Service Manager, Super Rehab.

In this Issue

- **NEW!** Our first Super Rehab publication!
- Staff training
- Meet our new team members: Michelle and Jacqui
- April Falls Month 2022
- Client Stories

Super Rehab - A Guide for Healthy Living



There is a lot of confusing and often conflicting advice out in media land regarding what we should and shouldn't eat and how much, and what sort of exercise we need to do. But what do the experts and the evidence of research say? Our Dietician and Exercise Physiologist team searched through mountains of evidence to develop a summary of advice around nutrition and exercise. It's particularly designed for older persons and people with a disability, with larger print, with a pull-out poster that you can put on your fridge as a handy reminder.

Ask your Super Rehab clinician for your free copy today!

Staff training

All Super Rehab allied health professionals are required to undergo a minimum of 20 hours of continuing education every year. This can include training on the job, attending external courses and webinars and receiving 1:1 clinical supervision from our experienced senior clinicians. Super Rehab had our annual planning day in February, where we outlined our training plan for the year, received update sessions on NDIS processes and had a refresher on Manual Handling.

This picture is from last year's OT a training session on seating prescription with an external trainer. You can be assured that your Super Rehab clinician is highly skilled and has access to up to date resources to provide the best possible service to you or your clients.



New staff profile: Michelle



Michelle has a Masters of Physiotherapy from the UTS and did Medical Health Sciences at the University of Wollongong in 2017. She has experience in a variety of settings including community health, outpatient and inpatient rehabilitation, Intensive Care Unit, and acute medical and surgical conditions. Michelle particularly enjoys working with people in the community and in rehabilitation where she can get to know each person as an individual, personalize their physiotherapy program and make it more fun and meaningful. In her spare time, her hobbies range from crocheting to ice-skating and watching musicals with her friends. Michelle looks forward to being able to travel again and exploring the outdoors in New Zealand and Europe. Here she is adventuring underground!

New staff profile: Jacqui

Jacqui completed a Bachelor of Exercise Physiology at the University of New South Wales in 2019. Since then she has gained experience working in the Worker's Compensation space and has since transitioned to assisting those with long-term health conditions to help maintain their independence and lead a healthy life. In her down time, Jacqui enjoys playing field hockey and visiting the beach. In the future she hopes to travel more broadly with the first stop being Sicily! Great to have you onboard the Super Rehab team Jacqui!!



April Falls Month 2022

April Falls Month 2022 starts from 1st April and this year's theme is "Better Balance for Fall Prevention"

April Falls Month is an annual campaign to increase awareness of falls and the implications, as well as promote strategies to reduce the risk of falls. Losing balance is part of the aging process which may lead to increased falls amongst older adults. While it's not possible to completely prevent a fall, interventions that focus on exercises and balance training can reduce the risk of falls and help prevent future falls.

Many of our Super Rehab clients are at a significant risk of falls. It is essential, therefore, that our clinicians screen for falls risk as part of our initial assessment for the client. If a client is identified as being at a high risk of falls, our clinicians will conduct an additional assessment and will provide interventions to reduce the risk of falls and consequently prevent future falls. Examples of interventions we provide to our clients include education and advice on falls prevention, functional exercises, strength and balance training, assistive technology and equipment, home safety audit and modification, and a lot more. We have extensive educational resources available for our clients and their carers, which address the various risk factors for falls.



APRIL FALLS MONTH.

Better Balance for Healthy Ageing
GET STRONG, GET GOING!



Best results
with at least
150mins per week

=



Functional
strength
exercise

+



High
balance
challenge

Supported by



COTA
NEW SOUTH WALES
For older Australians

Falls prevention is everybody's business!



NSW
Fall Prevention
& Healthy Ageing
Network

Client story: Ms Lau

Ms Lau was referred to Super Rehab after receiving a diagnosis of a condition which affected her memory, strength, mobility, and had the potential to limit her social activities. She started with a falls risk assessment from our physio and progressed to an ongoing program with our exercise physiologist. Here she is with Leon, one of our EPs practising her balance exercises. Mrs Lau has been enjoying the sessions as part of her weekly exercise and social activity. She has found that her strength and balance has improved. Best of all, she's reported a decrease in her lower back pain. Well done Ms Lau, for reaching your goals and maintaining a great attitude to health and well being!



Mr Hanna's balance training supervised by our EP Lisa



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