

# A SUPER Update

QUARTERLY NEWS FROM SUPER REHAB



## Message from Super Rehab

Happy 2022 to all our readers !

2021 was a rollercoaster of a year for most people, including our team. After working remotely, and navigating lockdowns we were very happy to resume meetings together, in person, and start up our face to face training sessions. Check out pictures of our Manual Handling sessions in this edition. We've had the pleasure of meeting some new clients and said welcome back to our regular clients. While we have returned to face to face visits, fully vaccinated and COVID safe, we will continue to offer telehealth services where needed. The run up to Christmas was incredibly busy, with lots of new referrals. So we are on a recruitment drive for new Super Allied Health staff. In this edition, meet our newest team members and enjoy our client stories.

*Margaret Beattie, Health Service Manager, Super Rehab.*

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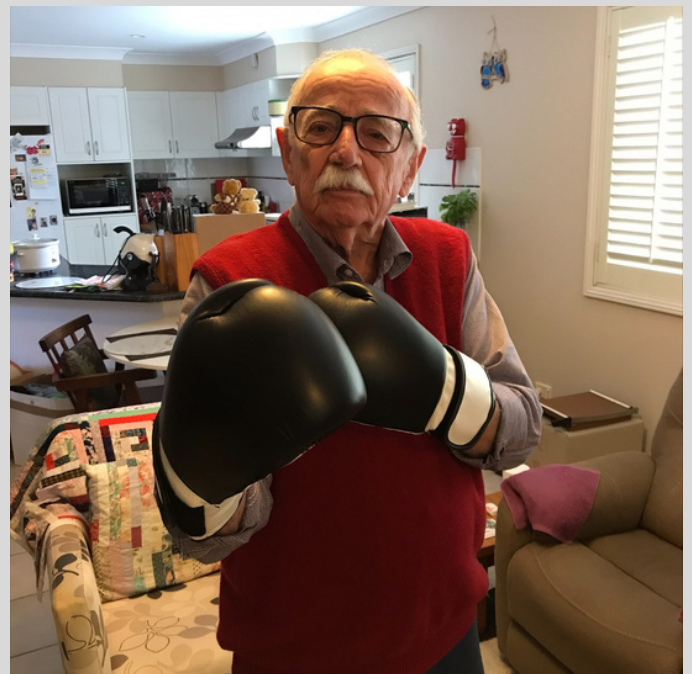
# Manual Handling Training



Super Rehab provides Manual Handling Training workshops to carers and staff employed by Home Care providers, Residential Aged Care Facilities and NDIS providers. In this interactive workshop, our experienced OTs teach principles of manual handling and all participants practice using a wide variety of manual handling equipment, safely and confidently. While some training courses are suitable to be run online, having training where participants use the actual equipment and feel what it's like to be a client being lifted, is more effective, fun and memorable!

## Client story: Terry

Terry has benefitted from Super Rehab's Occupational Therapy and Exercise Physiology services to assist him in managing symptoms related to Parkinsons. As part of the Super Brain (cognitive rehab) Program, Terry worked with Maggie, our Super Brain coordinator and OT, for most of last year. Terry says "I sometimes get frustrated when I have trouble remembering things in daily life, but I feel relaxed during the Super Brain Program sessions". Terry also does a variety of exercise sessions with Jeremy, one of our exercise physiologists, where he is put through achievable mental and physical challenges, to help maintain his strength, cognition and skills. His exercises focus on balance and strength, both necessary for reducing risk of falls.



Terry has found his rehab sessions relaxing and enjoyable. He has noticed benefits in building his confidence in social interactions and completing daily tasks.



## New staff profile: Stefani



Stefani completed her Bachelor of Occupational Therapy at the University of Sydney and since then has been working as a community Occupational Therapist. Stefani has worked with a range of individuals with varying disabilities including physical, psychosocial and intellectual across aged care and NDIS sectors. Stefani has a particular interest in equipment prescription, home modifications, and ADL retraining. In her spare time she enjoys hiking, is a competitive badminton player and recently fell in love with Yoga. Stefani looks forward to more time with her friends and would love to go back to China to visit her family and friends.

## New staff profile: Kim

As a highly focused and organised Administration Officer, Kim came to Super Rehab with experience in the varied and fast-paced environments such as Child Protection, medicolegal, medicine and education. Kim is our office administrator and main intake officer. She is our friendly voice on the phone, following up referral details and appointments. Kim's problem solving and communication skills help our business run smoothly and efficiently. In her spare time Kim is a keen gardener, talented cook and enjoys swimming and the gym. It's great to have you onboard at Super Rehab Kim!



## Client profile: Humphrey

Humphrey was originally seen by our physio for his back pain, declining balance and he had a recent fall. Our OT recommended some equipment for safety around the home. Humphrey was using walking aids, so he was taking every precaution against falls but still noticed his legs were getting weaker and his balance and coordination declining. What he needed was someone to do his exercise program alongside him, for safety, motivation and to progress the exercises. It can be very difficult to motivate your self to do exercises on your own at home, but it is much more enjoyable, and you are more likely to benefit if you have a professional alongside you. Which is where our exercise physiologist came in. Jeremy has been assisting Humphrey with his exercises sessions on a regular basis, to keep him on track.



We wish all our readers a safe and peaceful 2022. We look forward to working with you in the year ahead.

From the Super Rehab team



112a New Canterbury Rd, Petersham NSW 2049



EMAIL US AT  
[info@superrehab.com.au](mailto:info@superrehab.com.au)



VISIT OUR WEBSITE  
[superrehab.com.au](http://superrehab.com.au)