

A SUPER Update

QUARTERLY NEWS FROM SUPER REHAB



Message from Super Rehab

Spring greetings to you all !

It's been a while since our last Super Rehab update, however, we have continued to be very busy through the Sydney "lockdown" period. Throughout the recent implementation of stay at home public health orders, Super Rehab has continued to provide essential allied health services to our community-based clients.

We hope you enjoy reading this newsletter, with a client story, meet our new staff, and keeping you informed with what we've been up to. We value your feedback, as always. Feel free to contact me with any ideas on how we can improve our service. On behalf of Super Rehab, I look forward to meeting you in person one day soon and thank you for your ongoing support.

Margaret Beattie, Health Services Manager, Super Rehab.

In this Issue

- **Client Story - Bobby**
- **New OT - Vanessa**
- **New HSM - Margaret**
- **COVID Update**
- **Staff welfare**

Client story - Bobby



As a proud First Nation's member of the Wiradjuri tribe, Bobby Carroll has spent the majority of his life in South Sydney.

An avid boxer in his youth, Bobby is right at home in a gym environment, however these days his training program looks a bit different. He has an exercise program which his Super Rehab physio Anthony has tailored to his particular functional needs. He also appreciates being able to exercise in a safe environment with close supervision and guidance from his Super Rehab Physio!

Bobby was diagnosed with CANOMAD, a rare degenerative disease affecting the nerves. Symptoms may include loss of muscle strength, changes in sensations, and these often affect walking and balance. Regular exercise can help slow progression of symptoms, maintain balance and preserve muscle.

Bobby has always been a hardworking person and continues to apply this work ethic to his fitness and health, with twice weekly 1:1 physiotherapy sessions in our Super Rehab clinic. He and his physiotherapist Anthony enjoy these gym sessions where they get to chat, exercise and inspire and encourage each other.



New staff profile - meet Vanessa



The Super Rehab team continues to grow. Vanessa came to Super Rehab mid-July 2021, and brings her experience in the aged care and NDIS sectors as an Occupational Therapist. She is passionate about investigating assistive technology and finding appropriate equipment solutions for clients. When she isn't tending to her pet chickens, Vanessa enjoys bushwalking and seeing live music. She also loves traveling to other countries to experience new food and cultures. Vanessa recently excelled herself in winning our inaugural Super Rehab online trivia quiz. Here she is with her pet chicken Cheeky - named for her daring escapes from the coop!

New staff profile - meet Margaret

Margaret commenced at Super Rehab during lockdown, in early July 2021 as Super Rehab's new Health Service Manager. Margaret is passionate about supporting teams to provide high quality, client-focused care. Margaret says "It is a privilege to lead an allied health team such as Super Rehab, who are caring, enthusiastic, skilled and dedicated to providing the best of care for their clients". When she has the opportunity, Margaret likes to go hiking - the Overland Track in Tasmania was last year's adventure. She also likes to keep fit and escape into the pages of a good book.



COVID update

Allied Health interventions are considered essential health care services, as we help prevent illness, falls and complications for people living with long-term medical conditions.

At this crucial time when our public health system is under enormous pressure, it is a relief for many clients to complete their rehab and recovery at home, or in our purpose-built clinic, rather than remain in hospital.

Super Rehab also provides telehealth services, where face to face assessments are not possible.



Super Rehab meetings , training and social connection with each other continues online. Here is a snapshot of some of our staff, Leon, Natalie, Mandy and Anthony, proudly vaccinated of course!



Staff welfare

Super Rehab greatly values their hard-working staff, who are out on the road and in people's homes. During lockdown we provided care packages to staff (see our front page picture) and arranged buddy calls. We enjoyed an online trivia quiz, and made origami paper creations to keep our brains engaged. Here's what Kevin, our Dietician, created !

We hope you have enjoyed this edition of SUPER news!



112a New Canterbury Rd, Petersham NSW 2049



EMAIL US AT
info@superrehab.com.au



VISIT OUR WEBSITE
superrehab.com.au