



MESSAGE FROM SUPER REHAB

by Health Service Manager - Tina Tung

The COVID-19 pandemic has brought many challenges and changes to our work practice over the last few months. It changes the way how we interact with people and how we provide care for our beloved one. In this critical moment, we rely on each one of you to support the people in need, especially for those socially isolated and under financial crisis. At Super Rehab, we have been busier than ever. We continue to work closely with the service providers to comply with all the care standards and compliances in order to support our clients in a safe and caring community.

I was touched by every single moment how Super Rehab therapists put their dedication to the care treatment. Every one is unique with different strengths and skills, but our goal is the same -- to make our clients stay healthy, happy and safe. This month I have changed my position to full time to become fully committed to Super Rehab. Come to join us or partner with us! Together we can be stronger to continue to bring the positive vibe to the community we love.

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STAY SAFE AND SUPPORT EACH OTHER!



OUR PT & EP STORIES



Discover your potentials and optimal function behind the balance and strength in motion. Our Physio and Exercise Physiologist work closely with each other to assess your level of function and develop creative exercise programs to keep you active and motivated at home.

You would never get bored as your programs continue to be monitored and evaluated. At least every three months, your physical function and programs would be reviewed and modified with more new elements including a manual therapy in conjunction with motion exercises, strengthening and balance exercises to prevent falls... etc.

What's your Super Power? We're here to help you to find out. 😊



Wanna join our physio or exercise therapy programs, please [visit our website](#) or [contact us](#).

HUNTINGTON'S DISEASE WORKSHOP

Presented by senior OT & PT from Huntington disease service, Westmead Hospital on 24 August 2020

Huntington's Disease is a neurological condition caused by inheritance of an altered gene. The death of brain cells in certain areas of the brain results in a progressive loss of cognitive, physical and emotional function. At Super Rehab, we provide a range of integrated allied health therapy services to manage its condition and symptoms to maximize the person's quality of life.



We continue to enhance our skills and knowledge to keep our practice up to current, and thus provide the best service as we can to the community. Our OT, PT and EP indeed learnt a lot in the workshop, and are ready to help more people with Huntington's disease.

NUTRITION TALK

Monday 24 August 2020 via ZOOM for senior people

Nutrition for Older Adults
高龄人士的营养需要

24 August 2020 (2020年8月24日)
Monday (星期一) 10am - 11am

The importance of maintaining healthy and adequate nutrition as we age.
高龄人士保持健康生活及摄取均衡营养的重要性。

SPEAKER 主讲:
Kevin Cheng
Dietitian from Super Rehab
Super Rehab 注册营养师

Nick Eudale
General Manager 总经理
Ku-ring-gai & Hornsby Meals on Wheels
Ku-ring-gai & Hornsby 送餐服务



Super Rehab always has a heart for the community. As an allied health professional, we would like to use our knowledge and skills to contribute what we can and share what we know to people in the community. We held a joint event with Chinese Australian Services Society (CASS) and Ku-ring-gai Hornsby Meals on Wheels on '**Healthy Body, Healthy Life**' -- a nutrition talk for senior adults.

As we age, it is important for all of us to remain healthy and ensure adequate nutrition in order to perform daily activities and all the essential tasks. At Super Rehab, our Dietitians are able to understand your needs and help you to achieve the optimal weight and to keep your life healthy and stay positive.



MEET OUR OCCUPATIONAL THERAPIST -- KIRSTY

Kirsty knew she wanted to be an OT since she was in a high school. She loves to work closely with people to enable them to overcome barriers and maximize their independence. She recently moved back to metro Sydney from regional NSW, and has been working hard to utilize her OT knowledge and skills to help more people in need.

Kirsty enjoys playing field hockey and soccer in her leisure time to keep herself active and fit. She enjoys travelling too including Japan, small islands such as Yakushima island.

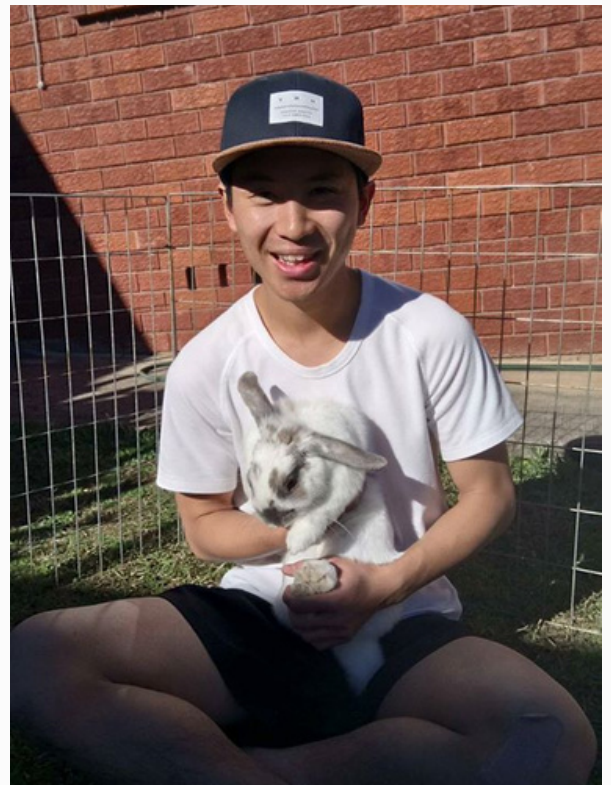
Please say hi and welcome her when you meet her next time.

MEET OUR EXERCISE PHYSIOLOGIST -- JEREMY

Let's meet Jeremy and his cute pet bunny -- Ditzzy. Besides looking after Ditzzy, Jeremy always enjoys doing exercises such as football or soccer, running, swimming and weight training. He turns his passion to be his career to help people to gain a better quality of life.

He has a special interest in rehabilitation and chronic disease management through the means of exercise and seeing the improvements it had on people's lives.

Wanna keep yourself stay fit, healthy and positive like Jeremy. Please contact us to find out more about our EP program or [visit our website](#)



STAY SAFE & SUPPORT EACH OTHER !