



Schedule of Fees (non-NDIS) as of November 2024

Welcome to Able to Wellbeing, where I have a commitment to the wellbeing of your clients and to deliver high quality services. I am a Registered Nurse and I am able to support your business in the delivery of personalised and quality services to your clients. I am experienced in general primary health care including aged care and NDIS. Services I can support your business with include:

- Nursing services including nursing assessments, care plans, clinical care, personal care, social support, medication assist, health education and to assist clients in building their skills such as diary management, scheduling appointments or study.
- Where you do not have nurses, you can engage my services directly without needing to go through another platform where there are additional fees for the client. I am able to enter into a supplier / provider agreement direct with you.
- To cover planned or unplanned leave of your nurses, or to be an extra set of hands when you have additional workloads to get through such as assessments, care plans or accreditation preparation.
- A basic foot and nail care service for clients in their home - I have a minimal wait time for this service.

I will work with you in the delivery of care to your clients, providing the support needed and ensuring I supply you with timely feedback on your clients. I am compassionate, experienced and committed to providing your clients with high-quality and safe care. Together, I can work with you to ensure your clients receive the services they need. I have all required compliances including public liability and professional indemnity (\$20M), police check, NDIS worker screen, Blue Card, income protection and mandatory training/qualifications.

Nursing services

I am a Registered Nurse with over 15 years of clinical and non-clinical care in the healthcare sector. I can support your business in the delivery of nursing services to ensure your clients do not go without. My rates are in line with the NDIS pricing guide, which is less than the National Summary of Home Care Prices.

Examples of services include but is not limited to nursing assessments and care plan development (e.g. continence, cognition, pressure injury, falls, malnutrition etc.), clinical care (e.g. wounds, PEGs, stomas), post hospital support and recovery, chronic disease management, care plan development, health education, personal care, medication management, health education or to provide support and education to your clients to help them build their own skills in everyday living such as using a computer, scheduling appointments, study or looking for work.

	Standard Mon-Fri (6am-6pm)	Saturday	Sunday	Public Holiday
Nursing	\$119.82	\$171.00	\$196.58	\$222.16
Social support transport costs	For services where clients are transported in the vehicle, there is a \$1.15 per kilometer charge.			
Travel	For clients in the central Cairns suburbs (e.g. Kanimbla, Manoora, Mooroolool, Westcourt, Redlynch, Aeroglen etc), travel is \$10.00. For clients on the north side of Cairns (beaches) or southside of Cairns (e.g. Mt. Sheridan, Bentley Park, Woree, Bayview Heights, Edmonton etc), travel is \$15.00. You will be advised at the time of the costs. For clients outside of these areas (e.g. Kuranda, Mareeba, Mossman, Babinda, Innisfail), travel will be quoted individually and may include wages and kilometre charges.			



Basic foot care and nail cutting

An in-home service to support clients with their foot care needs whilst providing a relaxing and enjoyable service. I have various packages available to suit all needs. My services differ to that of a podiatrist as I provide foot and nail care for non-complex conditions. My wait times for this service are shorter than for a podiatrist and I go to the clients home. I follow strict infection prevention and control procedures, using a Class B Autoclave (TGA approved) and my steriliser is regularly tested. This service is particularly helpful for those people who may be a falls risk and/or have difficulty reaching their feet and would like to have this service within their home.

Pricing

Toe nail clipping only (up to 30 min service, Monday to Friday)

\$80*

Foot soak, toe nail clipping, and gel (up to 45 min service, Monday to Friday)

\$100*

Finger nail trim (with one of the above options): up to 15 minute service, Monday to Friday)

\$20*

Report writing

If a report or foot assessment is required, this will be an additional \$119.82 per hour of assessment and/or report writing.

Travel

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*Additional time

Additional time charged per actual time (minutes)



Conditions of Service

- Services are charged as a minimum of 1 hour, then per minute thereafter.
- Where travel with a client is involved, there is an additional charge of \$1.15 per kilometre in addition to the applicable charge out rate.
- Where a contractor is required, rates will be charged as per the contractor rate. You will be advised of this charge and your consent provided prior to engaging the contractor.
- If any consumables are required e.g. skin tear identified, pads needed, then additional charges will apply for consumables used. Examples of consumables may include, but is not limited to, primary and secondary dressings, wound care tray, BSL/ketone testing strips, bed protectors, normal saline, moisturiser, bandages etc.
- Cancellations require at least 24 hours notice prior to the commencement of the scheduled service. Services cancelled within 24 hours will incur the full fee. Where services are cancelled within 48 hours of commencement of the scheduled service, half of the scheduled service fee will be charged. Where there are extenuating circumstances please advise.
- Rates are GST exclusive. Where products are purchased GST may apply.
- Where there is a Service Provider Agreement / Contract, these rates need to be read in conjunction with that Agreement / Contract. If there is anything contradicting, this is to be discussed with the Able To Wellbeing representative for clarification.
- During social supports, clients will purchase their own meals, drinks, tickets and pay for any other costs associated for themselves. Able To Wellbeing will cover its own expenses including meals, drinks, tickets and other expenses.
- Where equipment or consumables may be required for the delivery of a service, this will be costed to the person responsible for the account. This could include, but is not limited to, catheters, emollients and moisturisers, stoma/PEG products, wound care products etc.
- There may be times that fees are adjusted. Where this occurs, you will be notified in writing.



Our Vision and Goals

Our vision is simple. We are here to help your clients. Our vision - to help you achieve your wellness goals. The World Health Organization (2024) defines wellbeing as "a positive state experienced by individuals and societies" and "Wellbeing encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose". Able To Wellbeing will embark on a journey with your clients to achieve the wellness goals you have set, and can provide the support and encouragement you need.



Honesty

We believe that honesty is more than just a virtue; it's the bedrock of trust upon which meaningful relationships with our patients, families, and our community are built.



Compassion

Compassion is more than just a feeling; it's a profound commitment to understanding, empathy, and unwavering support for those we serve.



Excellence

We are committed to exceeding ordinary standards and consistently striving for the highest levels of quality, professionalism, and innovation in everything we do.



Authenticity

We operate with integrity, ensuring transparency and accountability in every interaction. Authenticity guides us to approach each interaction with honesty, transparency and empathy.



Collaboration

Collaboration means fostering open communication, respecting diverse perspectives, and actively engaging everyone involved in the care process. Through collaboration, we build stronger relationships.



Respect

Respect is the foundation of our care philosophy. We honour the dignity, autonomy, and individuality of each client we serve. We recognise the importance of creating a safe and supportive environment.



Consultancy services

I am a Registered Nurse, holding a Bachelor of Nursing with Distinction. I also have the following qualifications:

- Bachelor of Business (majoring in Human Resource Managment
- Master of Ergonomics
- Diploma in Occupational Health and Safety
- Undergraduate Certificate in Mental Health
- Certificate IV in Training and Assessment

I am also currently studying further in counselling and dementia care.

I am a member of the below organisations which provide ongoing development and professional support:

- Australian Primary Health Care Nurses Association
- Professional Member - Continence Foundation of Australia
- Golden Key International Society
- Student membership - Australian Counselling Association
- LGBTIQ+ Health Australia
- Refugee Council of Australia

My qualifications and professional memberships combined with my work experience place me well to support you in your business needs and enhancements. I would be happy to discuss your consultancy needs and develop a planned approach to support your business to succeed. With over 10 years experience in various roles in the government and over five years in not-for-profit, I will work with you collaboratively to get the results you need.

Areas of specialty based on my qualifications and work experience include:

- Human resource management
- Recruitment and retention
- Occupational health and safety (audits, development of systems and training)
- Grants writing
- Development and delivery of training packages
- Policy and procedure development
- Culture building
- Performance management
- Leadership development

**Monday to Friday (8am-5pm,
per hour)**

Consultancy

\$140 (GST exc)

\$154 (GST inc)