

Maintaining your strength, balance and mobility is key to living safely and independently at home.

Silverchain's team of Physiotherapists and Therapy Assistants can help you to maintain your physical wellbeing, and prevent falls from occurring.

Our service is designed to help you:

- Increase your mobility, feel steady on your feet, and prevent falls.
- Recover from an injury, or recent visit to the hospital.
- Improve your fitness level.
- Build strength, flexibility, and balance to remain independent at home.

What our service includes



In home assessment

Our support starts with an assessment by one of our experienced Physiotherapists. They will talk to you about your needs, strengths and areas for improvement, and will help identify any risks to your safe movement around the home.



Care Plan

Your Physiotherapist will work with you to set goals you would like to achieve as part of your Care Plan, and will provide sessions in your home to help you work towards the goals. This may include different exercises and activities to improve and maintain your strength, balance, and mobility.



Mobility aids

Depending on your needs, our team can also help you access walking sticks and walking frames and provide advice on how to use them safely.



Telehealth services

Telehealth services are conducted over a video or telephone call, and give you access to our Physiotherapy Services when there are no providers available in your local area. Our Physiotherapy Telehealth Service is available in certain locations only. Contact us for more information.

Physiotherapy services

How to access our services

We partner with Australian federal, state and local governments to provide a range of in home health and aged care services at no or low cost to you.

Depending on your needs, you may be eligible to access Physiotherapy Services through government subsidised home aged care programs such as the Commonwealth Home Support Programme (CHSP), the Support at Home program, and the Restorative Care Pathway.

If you are already receiving Support at Home government funded aged care services, you can ask your Silverchain Care Partner to review your Care Plan to help you access Physiotherapy Services.

Alternatively, depending on your location, you may be able to receive Physiotherapy Services privately from Silverchain. For private care, you do not need to wait for a government assessment, and you can start receiving care as soon as possible.

For more information, see our website silverchain.org.au/private-services

For more information

Contact us today for more information on our range of in home health and aged care services and how to access them.



- **1300 650 803**
- info@silverchain.org.au
- silverchain.org.au

Assistance to access information



To access the Translating and Interpreting Service call 131 450.

The National Relay Service (NRS) can help you if you are deaf or hard of hearing. Visit accesshub.gov.au/about-the-nrs

About Silverchain

Silverchain is one of Australia's leading in home care specialists, providing health and aged care services to more than 140,000 clients a year.

Trusted by Australians to deliver care that is differentiated by quality and safety for over 130 years, we are proudly one of the only Australian home care providers accredited in both national health and aged care standards.

At Silverchain we celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Acknowledgement of Country

Silverchain respectfully acknowledges the Traditional Custodians of the lands on which we work and live. We acknowledge Elders both past and present, whose ongoing effort to protect and promote Aboriginal and Torres Strait Islander cultures will leave a lasting legacy for future leaders and reconciliation within Australia.

Health. Human. Home.