



NWRH



NWRH Guide to Allied Health Services





“Our purpose is to support healthier people in rural, regional and remote communities.”

This information brochure has been designed as a guide to Allied Health services available through **North and West Remote Health (NWRH)** to assist people with receiving support and care in their communities.

NWRH is a vibrant, not-for-profit company employing multidisciplinary teams to provide allied health, home and community supports, mental health and wellbeing, headspace and disability services across regional, rural and remote Australia.

NWRH is an approved aged care provider for:

- Commonwealth Home Support Programme
- Home Care Packages
- Support At Home

NWRH also supports people to access care through:

- Primary Health Network
- National Disability Insurance Scheme (NDIS)
- In partnership with your Aged Care Provider

Leaders in the delivery of community based and outreach services since 1993, at NWRH we employ a range of Allied Health Professionals and Assistants.

NWRH deliver Allied Health services to communities within regional, rural and remote Queensland. Allied Health services include physiotherapy, occupational therapy, speech pathology, exercise physiology, dietetics, podiatry and advisory services. Services are delivered face-to-face in the community, at a local GP or health clinic, through home visits or another setting appropriate to your needs including telehealth or telephone. Services can be provided individually including assessment and intervention, through group activities or educational programs, by providing you with goods and equipment to keep you independent, and through our experienced Allied Health Assistants to help you meet your individual goals.

Disclaimer – It is important for service users to recognise that once approved by My Aged Care to receive services through the Commonwealth Home Support Programme or Home Care Package, NWRH may not automatically be approved as your service provider unless you specifically request NWRH. A service provider will be assigned dependent on your needs.



What Allied Health services are offered through NWRH?

Occupational Therapy: To enable you to participate in everyday activities and routines through assessment, treatment plans and interventions to help adapt your environment and enhance your skills to support independence.

Dietetics: To support your nutritional and dietary needs to help support a range of conditions providing individual support to achieve your health and wellbeing goals.

Speech Pathology: To provide care that enables and supports you to communicate independently including comprehension, communication skills and social interaction.

Allied Health Assistant Services: To work closely with you and your allied health professional to provide ongoing therapy, and support according to your care plan on a regular basis.

Physiotherapy: To assess, diagnose, plan and manage your care to improve your movement and function, alleviating pain and enhancing your overall mobility.

Exercise Physiology: To design, deliver and evaluate safe and effective clinical exercise intervention to support you with acute or chronic medical conditions, injuries or disability.

Advisory Services: To provide individualised management plans, education and advice to individuals experiencing incontinence (loss of bladder or bowel function) or dementia (memory loss, changes to behaviour).

Podiatry: To provide care for the lower limb, foot and ankle including the provision of foot care, assessment and intervention to help you maintain mobility and reduce pain.

How can I access Allied Health services through NWRH?

To access NWRH Allied Health services, you are encouraged to visit your GP and ask for a referral. Alternatively, you can self-refer or be referred by a family member, friend or other community-based organisation with your permission. Referrals are submitted to referrals@nwrh.com.au.



If you are an older person aged 65 years or over (or 50 years and over for Aboriginal and Torres Strait Islander people) who requires entry-level support services to continue living independently and safely at home; you may be eligible for support through My Aged Care or your Aged Care Provider.

1. **Contact MY AGED CARE**
2. **Phone 1800 200 422**
3. **Or follow the steps online at www.myagedcare.gov.au/help-at-home**
4. **Get assessed for services**



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H A P Y



NWRH

NWRH can assist service users with registering for the Commonwealth Home Support Programme, accessing programs in partnership with your Aged Care Provider (Home Care Package), with NDIS supports to improve the health and wellbeing, or to access Primary Health Network programs.

Contact our team to see what services we offer in your community!

NDIS Organisation ID: 4050002432

NWRH respectfully acknowledge the Traditional Owners, Elders and Leaders past, present and emerging as Custodians of the lands across which we deliver Health Services.



www.nwrh.com.au

CONTACT US

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