

Allied Health Team - Support and Services

The Allied Health Team consist of highly skilled and experienced practitioners who are here to assist you in the following areas:

Social Work

Social workers help you identify changes in your personal, social and/or family circumstances that are concerning you. They work with you to help you find options that suit your situation. Social workers listen to your needs, supporting you and your family at times of crises and change by offering information, connections and short-term counselling.

Social workers may also provide and link you to practical assistance. Some examples include; help to access entitled financial benefits such as Centrelink and Superannuation. You may also receive assistance to access specific services such as respite, aged care assessments and legal assistance.



Counselling

Counselling offers a safe place for you to speak and be heard when faced with painful, challenging life experiences. Counselling provides you with the opportunity to observe where you are in your life and to take the time to reflect and discuss your thoughts, feelings and decisions.

Our counselling team will provide you with the time to speak openly about your experiences in a confidential and non-judgmental way. You will be assisted to learn new coping skills and respond to life situations more effectively with different meaning and clarity. Our counsellors specialise in grief, loss and bereavement support through all stages of palliative care.

Occupational Therapy (Not Available to Aged Care Facilities)

Our occupational therapy team will work with you and your family/carer when you are:

- experiencing a loss of independence
- having difficulty moving around safely and independently
- finding it difficult to manage daily activities

They will help you to identify issues related to

- weakness
- balance
- fatigue
- pain
- pressure care
- breathlessness

They will work with you to maximise your independence, safety, and participation in your choice of leisure activities.

They may recommend new techniques, strategies, adaptive aids and equipment and home modifications to improve your independence.

The Occupational Therapist can also assist with arranging equipment hire to help with safety and comfort at home. This may also involve providing you with education as to the best ways to sit, stand or move around safely.

Spiritual Care

Spiritual care involves exploring areas of your life that may include relationships, belonging, self-worth, coping, life-meaning and spiritual distress.

Our spiritual care worker will listen to your current situation, needs, emotions and story. It is a chance for you to reflect on your life and to explore the special connections that bring you meaning and value. It may also provide you with support in times of distress and assist you to find life meaning.

Spiritual care is not based on religion, but rather involves a multi-faith approach. This means that whatever your beliefs, religion or spiritual needs are, our spiritual care worker will respect and value your individual wishes.

Music Therapy

Music therapy uses selected music to enable relaxation, motivation, reflection, communication or coping. Live or recorded music may assist emotional and spiritual expression, alleviate feelings of discouragement or symptoms such as pain and anxiety.

Music therapy can be a way of spending quality time with loved ones. Our music therapist assesses and responds to each person's musical preferences and can access and perform a broad range of popular, classical and sacred music.

The music therapist has access to a piano keyboard, guitar, percussion, iPad, recorded music and recording equipment. Families can benefit from music therapy regardless of their musical experience or background. In music therapy, you may

- sing your favorite songs
- play an instrument
- take time for listening and reflection
- create an original song or compile a biography

Your individual music preferences and needs will be respected and valued.



Family Support Volunteers

Family support volunteers are an integral part of our service and are trained in providing assistance and companionship for carers and families.

Volunteers may be able to help in many ways such as

- help with shopping
- recreation
- hobby activities
- reading
- sharing music
- watching movies.

Volunteers have the time to listen while people talk about their feelings in a safe way. Volunteers run our “Sharing My Story” biography program which gives clients the opportunity to record their life and legacy in a biography to provide to their loved ones.

Volunteers are also involved in the “Weavers Program”. Weavers are people who have a lived experience of caring for a loved one and are trained to support carers in their local community.

If you would like more information or to speak with one of our Allied Team Members, please advise our visiting staff or contact our office directly on (03)5991 1300