

# NEUROSPACE

## AGED CARE & REHABILITATION

Neurospace is a team of health professionals that have a special interest in keeping people active and healthy in their older years. We have extensive experience and knowledge underpinning our approach, taking all your health care needs into consideration.

The team includes physiotherapists, occupational therapists, and physiotherapy aides.

### Contact Neurospace

Telephone: 6162 0450

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Email: [admin@neurospace.com.au](mailto:admin@neurospace.com.au)

Web: [www.neurospace.com.au](http://www.neurospace.com.au)

### Location

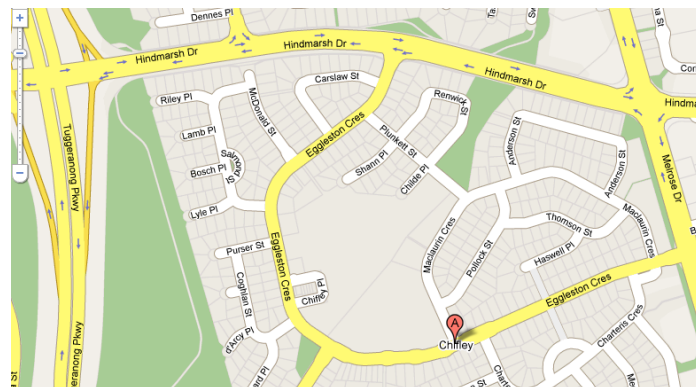
Health & Wellbeing Hub

Cnr Eggleston & MacLaurin Cres.

Chifley ACT

Have you stopped participating in life due to events such as:

- recent hospitalisation
- joint replacement
- stroke
- heart conditions
- lung conditions
- fear of falling
- arthritis
- diabetes



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*Home visits - We come to you,  
until you can come to us*



We will assess you holistically for things that are essential to maximise your independence. For example, analysis of abilities may include:

- improving walking (inside & outside)
- balance (stabilising & reacting)
- bed movements and transfers
- hand and arm use

Your assessment will assist to determine the cause including impairments such as:

- weakness
- stiffness
- sensory loss (vision, hearing, feeling)
- loss of movement control
- Deconditioning

Consideration also given to:

- living environment
- feet and foot ware
- medications
- continence issues

## Individual Plans

Our therapists will help you formulate a plan to achieve your goals. This may involve regular physiotherapy for a period of time and/or intermittent reviews to progress exercises and home program.

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## Exercise

We provide all clients with a tailored exercise program that will help you achieve your goals. In particular we would like you to be able to sustain or reconnect with your regular community activities.

Extra support, from a physiotherapy aide, is available to help you complete your exercises and mobility programs in your own home if requested.

Hydrotherapy is available if appropriate to help your recovery.

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## Equipment

Equipment may be needed to assist you. We can recommend, provide and fit items for you to purchase or hire.

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## Occupational therapy

An occupational therapist is able to assess your living environment and the way you do things such as cooking and self care. Recommendations will be made to improve your independence and safety. This may involve using special modifications, such as the installation of rails, or the provision of specialised equipment to help complete the task.