

COUNSELLING LIFE COACH ALLIED HEALTH ASSISTANCE

Our counsellors provide support to participants through talk-based therapies to help explore their emotions, thoughts, and behaviours in a safe, confidential space.

Key Services:

- Emotional & Mental Health Support: Assist participants in overcoming challenges, resolving issues, and addressing emotional or mental health concerns
- Life Skills & Coping Strategies: Equip participants with practical tools and strategies for managing life's challenges.
- Solution-Focused Therapy: Work collaboratively with participants to find effective solutions to emotional, mental, and lifestyle challenges.
- Goal Achievement: Help participant set and achieve personal life goals.

PODIATRY

Our podiatrists work with participants to improve foot and lower limb health by diagnosing, preventing, and treating common foot conditions, ensuring better mobility and comfort.

Common Conditions Treated:

- Ingrown Toenails
- Warts
- Heel & Arch Pain
- Skin Problems
- Balance Issues

Our Allied Health Assistants support our participants by carrying out tasks that complement treatment and rehabilitation plans set by our Allied Health Practitioners

Key Duties:

- Assist Allied Health Professionals: Support therapists in implementing treatment plans and providing care.
- Home Exercise Programs: Help participants follow through on prescribed exercise routines at home.
- Capacity Building Programs: Assist in programs designed to develop skills and improve functional abilities.

Disability Support Link is an NDIS Registered Provider.

Provider Number: 4050100080

Our Mission is to provide an innovative and collaborative approach to enhance living with a disability and seek pathways of empowerment and self-advocacy to live in the community and drive your own choices.



Disability Support Link
DISABILITY SUPPORT LINK

ALLIED HEALTH SERVICES

CONTACT

P: (03) 8740 3456
M: 0424 154 786

info@disabilitysupportlink.com.au
www.disabilitysupportlink.com.au

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WHY CHOOSE US?

Disability Support Link offers expert Allied Health Services designed to improve the quality of life for participants living with disabilities. The team consists of qualified practitioners with diverse backgrounds and specialties, dedicated to empowering participants to achieve their goals. We offer individually tailored services throughout Melbourne or via Tele-health.

OCCUPATIONAL THERAPY

Our Occupational Therapy help participants improve their ability to perform daily activities and manage life with a disability. Services focus on functional independence, assistive technology, and home modifications, tailored to meet each participant's unique needs.

Key Services:

- **Functional Care Needs Assessment:** Evaluate and recommend strategies for managing daily tasks like dressing, cooking, and personal care.
- **Assistive Technology:** Recommend and provide access to technology to enhance daily living.
- **Home Modifications:** Assess and design modifications to homes for better accessibility and functionality.
- **Therapeutic Interventions:** Ongoing support, including upper limb therapy, cognitive therapy, functional retraining, sensory integration, and development of self-care skills.

PHYSIOTHERAPY

Our Physiotherapists help participants manage the physical impact of their disability, improve strength and mobility through specialised treatments and tailored exercise programs.

Key Services:

- **Strength & Mobility:** Develop programs to improve strength, flexibility, and movement.
- **Functional Capacity Assessments:** Assess physical abilities and identify areas for improvement.
- **Assistive Equipment Prescription:** Recommend walking aids and other equipment to improve mobility and function.

EXERCISE PHYSIOLOGY

Our Exercise Physiologists assist participants in developing and implementing safe, effective exercise interventions to help participants manage the functional impact of their disability.

Key Services:

- **Health Screening & Assessment:** Evaluate overall health and fitness levels.
- **Individualised Exercise Interventions:** Develop personalised exercise plans to improve strength, mobility, and overall well-being.
- **Health Education & Advice:** Provide guidance on maintaining a healthy lifestyle and improving physical fitness.

SPEECH THERAPY

Our Speech Pathologists support participants with communication and swallowing disorders, helping participants improve their speech, language, and overall communication abilities.

Key Services:

- **Speech & Language Assessment & Therapy:** Assess and provide therapy for speech and language difficulties.
- **AAC Assessment & Support:** Assess and prescribe alternative augmentative communication (AAC) devices, with training and education for participants

- **Dysphagia Management:** Assess and manage swallowing difficulties to improve safety and function.
- **Communication Partner Training:** provide education on how to effectively communicate
- **Social Communication:** Improve social interaction and communication skills.

DIETICIAN

Our dietitians support participants with their nutrition and provide expert advice to help participants manage their disability through proper dietary practices.

Key Services:

- **Nutrition Education:** Provide education on healthy eating and nutrition.
- **Chronic Disease Management & Weight Management**
- **Meal Planning:** Design customised meal plans based on individual health needs.

SOCIAL WORK

Our accredited Social Workers offer expert guidance, advocacy, and emotional support to participants. We often assist participants who lack support coordination funding, helping them navigate the complexities of the NDIS system and maximize the benefits of their plans.

Key Services:

- **Service Provision:** help participants find providers that align with their specific goals and support needs
- **Education:** educate participants on how to manage and use their NDIS funds effectively,
- **Reporting & Advocacy:** Prepare detailed NDIS reports, gather required documentation, and advocate on behalf of participants during planning meetings