



# *Ridleyton Greek Home for the Aged*

## *Therapy Department*

Supporting healthy ageing by providing residents with opportunities to keep active through exercise, occupational based activities and pain management.

Initial assessment of resident function, mobility and care needs

Assessment and implementation of individual therapy plans including pain management strategies

Exercise classes: chair based, balance, hand therapy and hydrotherapy

Activities of Daily Living Assessments: assessing residents' performance of tasks and provision of strategies and or equipment to assist with carrying out everyday tasks.

Specialised acute and rehabilitation therapy plans to provide our residents with optimal opportunity for recovery from illness or surgery

Prescription and training in use of equipment. Includes liaising with equipment suppliers and specialists.

Assessment of limb function, prescription of supports, braces and hand splints

Seating and cushion assessments to ensure comfort, support and maintenance of skin integrity

Environmental assessments: identification of hazards and risk prevention

Falls Prevention: aiming to reduce risk of falls and injury through assessment of environment, behaviours and biological risk factors.

