



Where Are We Located?

The Therapy Department is located opposite the staff room near the activities hall. Feel free to drop in to say hello.



For further information or enquiries, please contact

The Allied Health Team

Phone: 8340 1155 ext 531


**Ridleyton Greek Home For
The Aged**

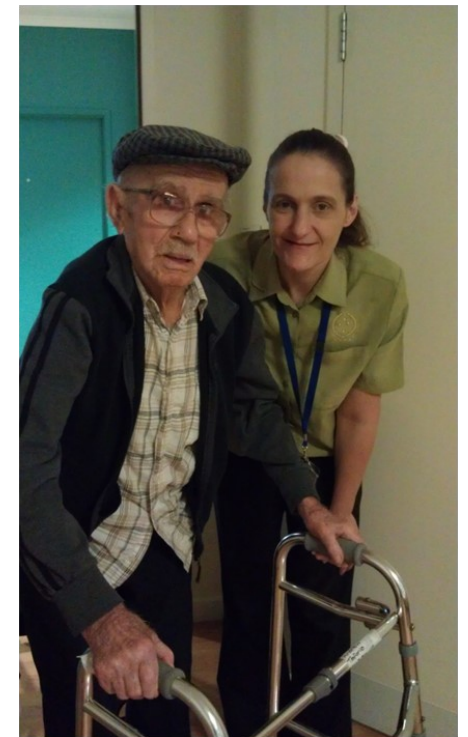


89 Hawker Street
Brompton SA 5007

Phone: 8340 1155
E-mail: therapy@rgha.com.au

The Therapy Department © 2019

Therapy Department



The Therapy Department

The Therapy Department provides regular services with a full time Occupational Therapist on site. Physiotherapy and Social Work Services are also available. Occupational Therapy focuses on assisting residents to achieve their maximal independence and care needs for every day life.

Our Philosophy

To provide residents with opportunities to keep active through exercise, occupational based activities and managing pain using complementary approaches to medicine. Every resident is entitled to the best quality of care, recognising each individual's needs across the stages of ageing.

Services include:

- Initial assessment of resident function, mobility and care needs on admission
- 6 monthly reviews of mobility and therapy treatment plans
- Assessment and implementation of individual therapy plans including pain management strategies

- Specialised acute and rehabilitation therapy plans: to provide our residents with optimal opportunity for recovery from illness or surgery
- Activities of Daily Living Assessments: assessing resident performance of tasks and provision of strategies and or equipment to assist with carrying out every day tasks. Areas may include eating, grooming, bathing, dressing, toileting.
- 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 such as placement of furniture, de-cluttering.
- Falls Prevention: aiming to reduce risk of falls and injury through assessment of environment, behaviors and biological risk factors.

Our Classes

Hand Therapy Class

For residents with arthritis for relief of pain, joint stiffness and maintenance of joint movement and dexterity. Class includes paraffin wax bath treatment.

Easy Moves Chair Based Exercises

These classes are open for all residents focusing on joint movement, stretching and coordination.

Individualised Gym Program

Aims to strengthen muscles, improve balance reactions, improve fitness and stamina, improve confidence in mobility and reduce risk of falls.

