



Restoring Independence

Do you have difficulties completing your day-to-day activities?
Is your mobility starting to decline?

The Short-Term Restorative Care (STRC) program may be able to help you regain or maintain your health, cognition and independence. The Government funded program offers you intensive support from our multi-disciplinary team across an eight week program.

The program is suitable for those with mild to moderate frailty, diabetes, cardiac, respiratory and renal health issues, pain conditions including foot and arthritic pain, early diagnosis of dementia, hoarding disorders and anyone three months post-surgery who needs extra therapy e.g. hip and knee.

For more information call 1300 782 896
integratedliving.org.au



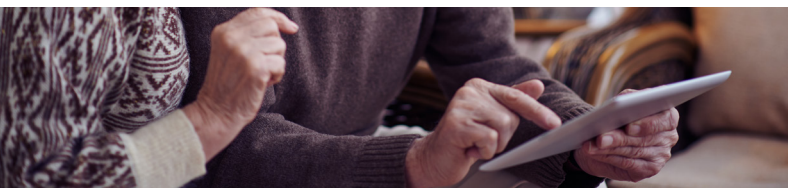
integratedliving
*supporting individuals
enriching communities*

Services include:

- Nursing - including a range of assessments; continence, cognition and falls.
- Occupational therapy.
- Social work or counselling support; including taking control and planning for the future.
- Physiotherapy.
- Podiatry.
- Dietitian and nutritionist services.
- Specialist nursing.

Lifestyle services include:

- Transport - getting the shopping done and attending appointments.
- House cleaning.
- Learning to shower safely, cook easy meals and manage diet.
- Exercises to build strength and balance.
- Tablet services to remain in contact with your team, family and friends.



Available to eligible clients only.
ACAT assessment is required. Ask us for more details.

