



## About Therapy Circles Australia



**Inclusive. Specialists  
in Cultural Diversity**



**Our Therapy teams are mobile.  
We Assist with Home  
and Community Visits  
and Fitness Studio**



**Access To Translators  
Available**



**Approved Home Care  
Provider (My Way)**



**Faster Referrals to  
Additional Therapies**



**In-House Therapy  
Assistants Available**



**Evidence-based Contemporary  
Therapy Interventions**



**Co-ordinated with your  
Home Care package**

## Locations

### Western Australia

- Geraldton
- Girrawheen
- Gosnells
- Joondalup
- Mandurah (Anzac Pl)
- Mandurah (Mandurah Tce)
- Midland
- Osborne Park (Head Office)
- Rockingham

### Victoria

- Sunshine
- Werribee

## Contact & Make a Referral

### Perth North, South and East Metropolitan and Peel Region

- (08) 6219 7182
- referrals@therapycircles.org.au

### Geraldton

- (08) 6182 1705
- midwest-wa-referrals@therapycircles.org.au

### Melbourne

- (03) 9969 0303
- vic-referrals@therapycircles.org.au

Scan QR Code to make a referral





The landscape of aged care physiotherapy has transformed dramatically in recent years. As our population ages, we've developed sophisticated approaches that go beyond traditional mobility support to address the complex interplay of physical, cognitive, and environmental factors affecting older adults.

For medical practitioners and aged care professionals, understanding these advances is crucial for making informed referral decisions that can significantly impact patient outcomes.



# Key Considerations for GPs and Aged Care Professionals

## 1. Preventative Fall Management

Our evidence-based fall prevention protocols go beyond basic balance training. We implement comprehensive assessment and intervention strategies that consider multiple risk factors, including medication effects, environmental hazards, and cognitive status.

## 2. Cognitive-Motor Integration

Recent research demonstrates the effectiveness of combined cognitive and motor training in maintaining independence. Our dual-task training protocols are particularly effective for early-stage neurodegenerative conditions, potentially extending independent living capacity.

## 3. Pain Management Innovation

We employ advanced pain modulation techniques adapted for elderly patients, including specialised approaches for arthritis, osteoporosis, and chronic regional pain syndrome that consider age-related factors and comorbidities.

## 4. Functional Independence Optimisation

Our interventions focus on maintaining and optimising functional reserve capacity. This approach helps extend independence and may reduce care requirements over time, which is particularly beneficial for those transitioning to higher levels of care.

## 5. Complex Case Management

We specialise in managing multiple comorbidities common in elderly patients. Our assessment and treatment protocols consider the interaction between various health conditions, ensuring safe and effective intervention strategies.

### Clinical Implications for Aged Care Referrers

- Early physiotherapy intervention can help prevent functional decline
- Regular assessment provides objective data for aged care funding reviews
- Specialised protocols help identify early signs of deterioration
- Integration with other healthcare services supports comprehensive geriatric care

### Professional Consultation

Our senior physiotherapists are available for case conferences and professional consultation. We provide:

- Detailed assessment reports
- Evidence-based treatment planning
- Regular progress updates
- Funding documentation support
- Inter-professional communication

For complex cases or specific queries about our specialised physiotherapy home care service, please contact our senior physiotherapy team.