Exercise Physiology Services

Do you want to increase your ACFI weighting through provision of exercise programs for your residents?

Do you want residents to be more active and improve their quality of life?

What is an Exercise Physiologist?

Exercise Physiologists (EPs) are university qualified allied health professionals who are able to implement appropriate and specific exercise programs for people with chronic diseases, complex medical conditions and musculoskeletal injuries.

Accredited Exercise Physiologists have met the stringent accreditation criteria set by Exercise & Sports Science Australia (ESSA).

What do Exercise Physiologists do?

Care Assess’ Exercise Physiologists (EPs) specialise in the delivery of exercise and lifestyle modification programs for older Tasmanians and people with chronic conditions. Services include:

- Exercises for health and wellbeing (individual or group/class)
- Exercises for chronic and complex medical conditions
- Rehabilitation exercise programs
- Musculoskeletal rehabilitation

Exercise Physiologists are trained to use their extensive knowledge, skills and experience to deliver clinical exercises and health-behaviour modification counselling for people who will benefit from these services.

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What are the benefits for clients/residents?

“Exercise is medicine!” Exercise Physiologists scope of practice includes functional conditioning, falls prevention programs, and prescription of exercise therapy in the management of chronic diseases such as osteoporosis, Type 2 Diabetes, chronic pain, osteoarthritis, Parkinson’s, dementia, and general frailty. More information is available at [www.exerciseismedicine.org.au](http://www.exerciseismedicine.org.au)

Exercise Physiologists are increasingly recognised for their skills in chronic disease or injury management and prevention. ESSA have shown that Exercise Physiologists are the sixth most utilised allied health professional in Australia and the most utilised allied health professional for patients with Type 2 Diabetes.

Additional benefits for clients include:

- Improved function, mobility, strength and balance
- Improved resident motivation and quality of life
- Reduced falls risk
- Reduced dependence on pain medication
- Improved social interaction and activity participation
- Improved sleep quality

What are the benefits for providers?

Care Assess’ Exercise Physiology services can be accessed by residential and home care providers. The services of our Exercise Physiologists can increase residential care providers ACFI funding weighting.

Providers can also expand their service offering by accessing Exercise Physiologist services under Home and Community Care (HACC) program funding or under consumer directed Home Care Package (Aged Care) services.

A referral to one of our Exercise Physiologists can:

- Increase your Aged Care Funding Instrument weighting
- Improve your clients’ quality of care
- Increase your compliance with the Quality Agency Accreditation Standards
- Improve residents’ ability to manage in residential care

For more information

Please contact one of our regional offices on the details below and ask to speak to one or our local Exercise Physiologists at Care Assess.
Contact us

To call for fax a Care Assess local office in your area:

📞 1300 364 876
📠 1300 657 728

South
Level 2, 6 Bayfield St, Rosny Park 7018
Phone: (03) 6244 7700
Fax: (03) 6244 7711

North
101 Stanley St, Summerhill 7250
Phone: (03) 6331 0803
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“enabling more people to live well across Tasmania”