

Physiotherapy for Adults

COMMUNITY HEALTH



If you have any English Language difficulties, please ask staff to book an interpreter. From home contact the **free** Telephone Interpreter Services on **03 9605 3056**. Ask staff if this information is available in your preferred language.



At Eastern Health, we care about your health and wellbeing.

How can Physiotherapy help you?

- Mobility and movement disorders
- Arthritis and other musculoskeletal conditions
- Decreased endurance and frailty
- Preventing falls and balance problems
- Chronic breathing problems
- Neurological conditions
- Pain related disorders
- Physical health and wellbeing at different stages of life.

Physiotherapy at Eastern Health Community Health can help provide treatment for adults with musculoskeletal (relating to muscle and skeleton), neurological (disorders of the nervous system) and respiratory conditions (breathing problems) to help them improve wellbeing and quality of life.

The **Physiotherapist** will start by assessing your condition and then develop a treatment plan with you. This may include education, manual therapy techniques, self-management techniques, home exercises and a referral to exercise programs based in the community.

Physiotherapy sessions are not ongoing and are for a limited time only. There is a strong focus on helping you to self-manage your condition.

To make an appointment:

If you are under 65:

Phone: **1300 130 381 Option 4** (Mon to Fri)

Email: communityhealth@easternhealth.org.au

If you are over 65:

Please contact My Aged Care and ask for a referral to our service

Ph. 1800 200 422 /

<https://www.myagedcare.gov.au/make-a-referral>

What are the costs?

Our services are for low and medium income earners.

Fees depend on the service:

■ Low income - \$11

■ Medium income - \$17

(Please note that the Community Health income ranges are based on the Centrelink Income Test for pensioners)

Due to high demand there may be a waiting time for this service. Please speak with us about the wait times for our services.

Need something else?

- Please ask for 'Our Services' brochure.

If you are unsure which services you require, we will be able to offer guidance about services which meet your needs better.

Location and contact details (please note not all services are available at all sites)

Phone: 1300 130 381 Option 4 Business Hours: Monday – Friday / 9.00am – 4.30pm

- **Healesville Hospital & Yarra Valley Health**
377 Maroondah Hwy, HEALESVILLE 3777
 - Bus Stop (corner Eadie Avenue & Maroondah Hwy)
 - Free car parking onsite
- **Upper Yarra Family Centre,**
2444 Warburton Hwy, YARRA JUNCTION 3797
 - Bus stop (in front of building)
 - Free car parking onsite
- **Angliss Hospital, Community Rehabilitation Centre**
corner Talaskia Rd and Edward St, UPPER FERNTREE GULLY 3156
 - Free 2hr Street parking available
 - Paid car park across the road

<https://www.easternhealth.org.au/locations/healesville-hospital-and-yarra-valley-health>



If you have any feedback or suggestions on how to improve this information sheet, please contact brochure.request@easternhealth.org.au