

# Allied Health

Now my everyday  
activities are easier.

Working with you, our team of Allied Health professionals provide advice and treatments to help you manage your day-to-day tasks with ease.

We want to make sure you're active and able to keep doing the things you enjoy.

### We can help with:

- physiotherapy
- occupational therapy
- dietetics
- podiatry
- exercise physiology.

### How can we help?

Our Allied Health team is here to help you improve your mobility, help prevent falls, build your strength and balance, teach healthy eating habits and keep you living independently at home.

Since everyone's a little bit different, we create a program that suits your personal wellness and independence goals. We can mix and match services. It's all about you and your needs.

Don't worry if you're not sure how to get started, our knowledgeable staff are here to help you every step of the way.

### Equipment and aids

Are you considering investing in equipment or aids? If so, our specialised team can guide you in the right direction. We'll make sure you choose the right equipment in a cost-effective way.

### What will it cost me?

You can access Allied Health services in a number of ways. We offer therapy services through a Government-funded Home Care Package, the Commonwealth Home Support Programme, the NDIS or you can pay for your services directly.



# Allied Health

Building strength  
everyday.

**Here at VMCH, our services are as diverse as the people we support.**

Our values underpin the work we do. As a Catholic for-purpose organisation, compassion, respect and inclusion aren't just words to us, they guide us in everything we do.

While we've been around for over a century, we're always moving forward. We stay true to who we are by supporting people and families to live their best lives, providing a place to call home and spaces to learn and grow.

Our professional and compassionate teams are with you on your life journey. We provide a wide range of support from early learning and therapy, specialist education, disability services, affordable homes, residential aged care, retirement living and at-home aged care.

**When it comes to helping you feel strong and independent, we've got you covered.**