

# PresCare

## Day Therapy Centre



# What is the Day Therapy Centre?

The PresCare Day Therapy Centre offers a range of allied health services to help you build and maintain your health and independence. Our allied health professionals are university-trained and work to complement the services of your other health professionals such as your GP, dentist or community nurse.

Our allied health professionals also deliver group classes which are beneficial to managing your health and staying social.

Day therapy is a government funded program and is open to people aged over 65 years and people under 65 who have a permanent disability.

We also provide these services as part of the Commonwealth Home Support Program (CHSP). Services can be provided at your residence or at the Day Therapy Centre, in accordance with your assessment. For information on eligibility for CHSP, please phone us on 07 3710 2318.

At the PresCare Day Therapy Centre, we will help you to make personal choices about managing your health and wellbeing to continue to live life the way you want.



# Allied health services

## Physiotherapy

Physiotherapy helps to repair damage, reduce stiffness and pain, and increase mobility and quality of life.

## Occupational therapy

Occupational therapy will enhance your ability to participate in daily tasks through modification to activities and your environment.

## Podiatry

Podiatry services will help you to stay mobile by diagnosing, treating and preventing conditions in your feet, ankles and lower legs.

## Speech pathology

Speech pathology services will assess and treat communication and/or swallowing difficulties.

## Diet and nutrition services

Accredited dietitians will assess your nutritional needs and assist with managing health conditions using their advanced knowledge about food and nutrition.

## Exercise physiologist

Exercise physiology examines your body's response to physical activity helping to improve your range of motion, strength and functional capacity.

## Continence nurse

Our continence nurse supports people who are experiencing bladder or bowel problems. They provide management plans to suit people's individual needs.

## Group classes

### **Strength, exercise and weights**

Improve your muscle strength and heart health, overcome persistent pain caused by injury or muscle overuse, and restore your cardiac health through this group exercise class.

### **Diabetes exercise**

Improve your functional balance through a series of exercises that are relevant to daily living activities.

### **Strength and balance**

Learn exercises that are adapted to the particular challenges people with diabetes face when exercising. These classes will help you to manage and control diabetes.

### **Hydrotherapy**

Increase your muscle strength in this pool-based class designed to promote well-being in a warm, relaxing environment.

### **Tai Chi**

Improve fitness, decrease stress levels and develop defence skills in this low impact group class.



## What is the cost?

- The PresCare Day Therapy Centre is government funded.
- A small co-contribution may be required, dependent on your level of funding.
- Private fee options are available.
- Enhanced Primary Care (EPC) referrals are accepted and the Medicare rebate is applicable.
- To request our fee schedule for individual services, please ask at reception.

## Location and opening hours

PresCare Day Therapy Centre  
906 Boundary Road  
Coopers Plains QLD 4108

### **Opening hours:**

9am–4pm, Monday to Friday

## Contact

**Phone:** 07 3710 2318

**Fax:** 07 3710 2328

**Email:** [infoDTC@prescare.org.au](mailto:infoDTC@prescare.org.au)

**Web:** [www.prescare.org.au](http://www.prescare.org.au)

**Contact us today to  
arrange an appointment  
or to book a class**

# Just like you, we're not old, we're experienced

At PresCare, age is just a number and like you, we've been around long enough to know what really matters. How long you ask? Well, since 1929, the same year the very first car radio was installed and probably playing some Louis Armstrong!

We recognise that we're all individuals, with different needs at the various stages of our lives. We're about helping you live the life you choose by tailoring the services you need, when you need them.

Our flexible approaches to in-home care, residential living, social support services, respite care, chaplaincy, pastoral and spiritual care, and rehabilitation reflect this.

PresCare is a Ministry of the Presbyterian Church of Queensland and all of our services are accredited with the national industry bodies.

We'd love to talk to you about how we can help. Please visit [www.prescare.org.au](http://www.prescare.org.au) or phone **1800 773 722** for more information.



  
**PresCare**  
It's more you A MINISTRY OF THE  
PRESBYTERIAN CHURCH  
OF QUEENSLAND