

Allied Health Therapies

Reach your goals and build skills to improve your health, quality of life and wellbeing. Our allied health therapists are here to support you to live your best, healthiest life!



Allied Health Therapies

Whatever your health and wellbeing goals, our team can tailor a program to help you achieve them.

Our experienced allied health team includes:

- Behavioural Intervention Support (Developmental Education)
- Physiotherapy and Exercise Physiology

- Occupational Therapy
- Speech Pathology
- Dietetics
- Psychology

We offer appointments in-home, at our clinic at Brighton and through telehealth.

Ready to book your appointment?

Appointments are available across all allied health therapies at Minda. Please call 1800 164 632 to book your appointment today.

Alternatively, visit our website at mindainc.com.au or email hello@minda.asn.au for more information.



At Minda, we want to help you reach your goals and build your skills to improve your health and quality of life.

mindainc.com.au



Therapy and Clinical Supports



At Minda, we want to help you reach your goals and build your skills to improve your health and quality of life.



Whether you want to improve your gross motor skills or learn to communicate with others, our allied health therapists can assist. We will work with you to give you the information, training and advice you need.

Our experienced allied health team offer the following services to people with disability:

- Developmental education (to help you become more independent, learn new skills and increase your community participation)
- Physiotherapy and Exercise Physiology (movement/mobility, coordination, breathing exercises and pain relief)
- Occupational Therapy (performing everyday tasks and gross motor function skills)
- Speech Pathology (developing communication skills, use of and understand words and sentences, improved speech clarity, and ensuring mealtimes are safe)
- Dietetics (meal plans with recipes, assessing and planning your diet, and general health)
- Psychology and psychiatry (counselling and support, and development of positive behavior support plans)

We offer appointments in-home, at our clinics in Brighton, Elizabeth, Ottoway, Reynella and Mt Gambier, and through telehealth.

What to expect

At your first appointment with us, we will start with an assessment to talk about your goals and the things you currently find difficult. For example, Minda's speech pathologist, Hannah, has conducted an assessment with Maddy, who finds it difficult to communicate and to swallow. Hannah made a treatment plan for Maddy to help her build social and communication skills and to help ensure mealtimes are enjoyable and safe.

Client spotlight

For the past two-and-a-half years Corey has been seeing Minda's physiotherapy team to help with his coordination and general physical wellbeing. Corey's goal was to work on his coordination so he could hike Shepherd's Hill one day, and guess what? He ticked it off his list!

NDIS

The NDIS provides funding for Therapy and Clinical Supports. The most common NDIS categories of support include Improved Daily Living, Improved Relationships and Support Coordination.



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