



**PHYSIOTHERAPY
OCCUPATIONAL THERAPY
MYOTHERAPY / MASSAGE THERAPY
ALLIED HEALTH ASSISTANT / PERSONAL TRAINER**

HOME CARE

PRICE LIST

Service type	Appointment time:				Inclusions: What is included in addition to appointment time		
	30 min	45 min	1 hour	2 hours	Travel to and from location	Reports and Quotes	Internal clinic notes
Physio							
• Physio Initial with Report	\$210				✓	✓	✓
• Physio Follow Up	\$130		\$230		✓		✓
• Physio Follow Up & Report	\$210				✓	✓	✓
• Physiotherapy Review for Allied Health Assistant with Report	\$140				✓	✓	✓
Allied Health Assistant							
• Allied Health Assistant (Supervised exercise program)	\$90	\$130	\$170		✓		✓
Massage Therapy							
• Massage			\$130	\$250	✓		✓
Occupational Therapy							
• OT Initial Assessment				\$380	✓	✓	✓
• OT Follow Up, as required (see examples in the table below)	\$100		\$200		✓	✓	✓

Examples and Estimated Times Of Our Occupational Therapy Follow Up Services (Overall time will be reduced if multiple items are managed concurrently)	Appointment time	Cost estimate
• GEAT2GO	15-30 min	\$50-\$100
• Bed trial	60-90 min	\$200-\$350
• Recliner trial	60-90 min	\$200-\$350
• Bed and recliner trial	2 hrs	\$400
• Scope of works	15-60 min	\$50-\$200
• SWEP applications	90 min-2 hrs	\$350-\$400

- Travel for jobs out of Greater Melbourne, on occasion when requests involve substantial travel we may request a travel fee, this can be negotiated before the service commences.
- AHA Program requires an initial assessment by a Physio then a review every 90 days unless otherwise agreed.
- Cancellations with less than 24 hours notice will incur a fee.
- Please see full terms and conditions at the end of this document.

PHYSIOTHERAPY

What is it for?

- Mobility assessments.
- Exercise prescription.
- Pain management.
- Mobility equipment purchasing.
- Hands-on treatment.
- Muscular, joint and nerve conditions.
- Post-operative rehabilitation.
- Neurological physiotherapy.
- Corrective exercise prescription.

What are the benefits?

- Falls prevention, by improving balance and postural correction.
- Muscle strengthening and flexibility.
- Pain relief and quality of life.



Michael Patterson (Owner & Principal Physiotherapist)

Our expert physiotherapist Michael Patterson, graduated from Monash University in 2009, has worked in public and private hospitals, private practices and aged care facilities in both Australia and the United Kingdom. Specialising in Pilates and strength training, Michael is able to incorporate the best exercise prescription and treatment plan for the elderly.

Service type	Appointment time		Inclusions		
	30 min	1 hour	Travel to and from location	Reports and Quotes	Internal clinic notes
• Physio Initial with Report	\$210		✓	✓	✓
• Physio Follow Up	\$130	\$230	✓		✓
• Physio Follow Up & Report	\$210		✓	✓	✓
• Physiotherapy Review for Allied Health Assistant with Report	\$140		✓	✓	✓

OCCUPATIONAL THERAPY

Who is it for?

Clients who require assistance in their home in regards to equipment hiring or purchasing and modifications to improve their activities of daily living.

This can be achieved by:

Modifying the environment for better access:

- Installing grab rails in the shower.
- Installing ramps, platform steps or chair lifts.
- Bathroom/kitchen modifications.

Developing support or intervention plans, and education to the individual, their family and carers:

- Providing falls prevention education.
- Creating pathways to achieve their goals of independence.

Prescribing assistive technology (aids or equipment) to facilitate activities:

- Shower chairs or stool to reduce the risk of falls in the shower and manage fatigue.
- Long-handled aids for personal care and dressing, such as a reacher or sponge.
- Pressure cushions to reduce the risk and severity of pressure wounds.
- Special plates or cutlery to increase independence.
- Wheelchairs, mobility scooters or hoists.
- Raised toilet seats or over toilet frames.

Supporting skill development:

- Independent living skills (cooking, cleaning).
- Alternative dressing techniques.
- Pain and fatigue management strategies.
- Routine building and self-management strategies.



Service type	Appointment time:			Inclusions:		
	30 min	1 hour	2 hours	Travel to and from location	Reports and Quotes	Internal clinic notes
• OT Initial Assessment			\$380	✓	✓	✓
• OT Follow Up, as required	\$100	\$200		✓	✓	✓

MYOTHERAPY / MASSAGE THERAPY

The massage techniques utilised for seniors include lighter, gentle stroking and kneading as well as application of pressure to specific points on the body.



What is it for?

- Pain due to osteoarthritis.
- Sleep habits and quality of sleep.
- Agitation due to Alzheimer's disease.
- Alleviating depression.
- Physical and mental relaxation.



What are the benefits?

A Myotherapist is an allied health practitioner who offers massage as a form of therapy.

It helps ease joint and muscle pain and can reduce the increased levels of stress that tend to come with aging.

Service type	Appointment time:		Inclusions:	
	1 hour	2 hours	Travel to and from location	Internal clinic notes
Massage	\$130	\$250	✓	✓

ALLIED HEALTH ASSISTANT / PERSONAL TRAINER

“Clients would respond well to an allied health assistant (or personal trainer) as they can help with many aspects of their life including healthy eating options, social interaction and the use of equipment.”

What are the benefits?

- Increase activity of clients.
- Promote general health
- Increase cardiovascular fitness.
- Increase energy of clients.
- Help clients sleep better.
- Relieve depression and anxiety.
- Help control weight gains/loses.
- Improve self-esteem and social interaction.
- Reduce risk of falls and promote independence.



How would it work?

1. The initial assessment would be completed by a physiotherapist.
2. When the client is ready, one of our qualified AHA's would follow the physiotherapist guidance to ensure progression and compliance.
3. Every 90 days (unless otherwise specified) the client will undergo a physiotherapy review of their AHA exercise regime. This will result in a report detailing recommendations and any changes to their program.

Service type	Appointment time			Inclusions:	
	30 min	45 min	1 hour	Travel to and from location	Internal clinic notes
Allied Health Assistant (Supervised exercise program)	\$90	\$130	\$170	✓	✓

COVERAGE

We service all of Greater Melbourne, please see map below:

Complete council areas:

- Banyule City Council
- Bayside City Council
- Boroondara City Council
- Darebin City Council
- Glen Eira City Council
- Maribyrnong City Council
- Monash City Council
- Melbourne City Council
- Moonee Valley City Council
- Merri-bek (formerly Moreland) City Council
- Port Phillip City Council
- Stonnington City Council
- Whitehorse City Council
- Yarra City Council
- Partial council areas

Partial council areas:

- Brimbank City Council
- Cardinia City Council
- Casey City Council
- Frankston City Council
- Greater Dandenong City Council
- Hobsons Bay City Council
- Hume City Council
- Kingston City Council
- Knox City Council
- Manningham City Council
- Maroondah City Council
- Melton City Council
- Mitchell Shire Council
- Mornington Peninsula Shire Council
- Nillumbik Shire Council
- Whittlesea City Council
- Wyndham City Council
- Yarra Ranges Shire Council

Regarding areas outside
Greater Melbourne
please contact
Michael on 0426 957 071
directly to see if services
can be organised.



TERMS & CONDITIONS

Rates and Fees	1
Payment Terms	2
Cancellation Policy	2
Rescheduling.....	2
Office / Reception Hours.....	2
Client Consent.....	2
Reports and Quotes	3
Recommendation Disclaimer.....	3
GP Authority	3
Discharge Policy	3

Rates and Fees

- Our services are provided in the home or community, and structured based on the services we are engaged for. As such our appointment types and associated fees are inclusive of any travel charges within the Greater Melbourne area. and report writing required. Unless expressly stated or negotiated.
- Pricing: Fees are outlined in our Price List and are subject to change at Allied Health Expertise’s discretion. Changes will be communicated to relevant parties.
- Fees include travel within the Greater Melbourne area. For clients located outside of Greater Melbourne, a travel fee may be negotiated with the case manager. If you have a client in a rural area, please contact us to confirm our service availability.
- Travel.
- GST: All charges are subject to GST unless services are exempt.
- Additional Fees: Any additional costs incurred (e.g., parking, hydrotherapy) will be passed on to the client.
- Transaction Fees: Any transaction fees incurred by Allied Health Expertise will be passed on to the client.

Payment Terms

- Invoices are issued after each consultation and are payable within 30 days unless otherwise agreed with the referring organisation. Payment details will be found on the invoice.
- Public Holidays will be charged at standard rates and are subject to therapist and client agreement.

Cancellation Policy

- Less than 24 Hours Notice: Full service rates apply for cancellations made within 24 hours of the scheduled appointment, excluding weekends and public holidays.
- How to cancel weekdays: Cancellations can be made via phone at (03) 9088 7482 or email at info@ahexpertise.com.au.
- How to Cancel weekends: Please text 0426 957 071.

Specific- To cancel weekends, public holidays or Mondays please text 0426 957 071. Within 24 hours. Or email if before 3pm the Friday before.

For further details regarding rescheduling of appointments please see the next section.

Rescheduling

- To reschedule an appointment, contact our Head Office at (03) 9088 7482 or email at info@ahexpertise.com.au.

Office / Reception Hours

- Hours: Monday to Friday, 7 AM to 9 PM (excluding public holidays).
- Company Details: Allied Health Expertise — **ABN:** 81 481 681 825.

Client Consent

- When making a referral on behalf of a client, you confirm that you have obtained their verbal or written consent to share their personal health information with Allied Health Expertise.
- From time to time, we may be required to share client details with other third parties (e.g. Health Professionals, vendors and suppliers), this will be done only to allow fulfilment of services.

Reports and Quotes

- Reports will be sent to the referrer or referring organization. For re-sending reports, contact info@ahexpertise.com.au. Progress updates can be requested as needed via email.

Recommendation Disclaimer

- Allied Health Expertise may recommend third-party services or products but does not guarantee or take responsibility for them.

GP Authority

- Certain services (e.g., hydrotherapy) may require a signed authorization letter from a GP before commencement. This will be requested following a referral.

Discharge Policy

- Clients who suspend services for more than 60 days will be discharged. To resume services, a new written referral is required, and continuity of appointments cannot be guaranteed. A new assessment may be necessary to ensure the appropriateness and safety of the care plan.