

Recovery Station Allied Health Services

Recovery Station have a team of occupational therapists, speech pathologists, physiotherapists, mental health specialists and dietitians. We are one of the largest private providers of allied health specialist disability and aged care services in Sydney, on the Central Coast and in the Hunter. **For fifteen years, Recovery Station has empowered thousands of individuals to achieve their personal health goals by providing the foundations for living a better quality of life.**

Occupational Therapy

Occupational Therapy (OT) helps people overcome difficulty completing their everyday activities with the aim to assist people to live as independently as possible. Our services include:

Complex home modifications	Driver assessment, training and rehabilitation
Supported Independent Living (SIL) assessments	Positioning assessments
Home safety audits	Handwriting assessments
Activities of Daily Living (ADL) assessments and retraining.	Vision and hearing equipment
Training to use adapted techniques, aids, equipment and assistive technology	Care needs assessments
	Community Living Planning
Sensory integration, sensory processing, motor planning and organisational programs	Stroke rehabilitation programs
	Manual Handling assessment and education
Cognitive assessments and skills training	Pressure care assessment, equipment prescription, education and positioning
Mobility assessments (including wheelchairs)	Continence care
Upper limb therapy and rehabilitation	Pre-NDIS assessments

Speech Pathology

Speech pathologists help people with communication and swallowing problems through the following services:

Communication skills training to improve speaking, listening, understanding, reading, writing, stuttering and using the voice correctly	Augmentative and alternative communication systems
Swallowing assessments and strategies to swallow safely	Voice exercises
Language assessments	Social skills training
Speech assessments and training	Creating personalised mealtime management plans

Physiotherapy

Physiotherapy helps improve your health and wellbeing through a range of services. This includes assessing, treating and preventing joint and muscle conditions; helping balance and mobility; and advising on the right type of exercise as well as:

Support for seating, movement and mobility	Rehabilitation following injury or onset of a muscle condition
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Muscle re-education	Reconditioning and supervised gym sessions
Exercise programs to improve mobility and strength	Aquatic therapy classes and programs
PD Warrior™ (Parkinson's Disease program)	Fitness for weight loss and improved function
Create a personalised plan to improve health and wellbeing	Airway clearance techniques and breathing exercising
Mobility assessments	
Training to use aids, splints, wheelchairs and walking sticks	Soft tissue mobilisation
Aids and equipment to improve mobility and strength	Prevention of chronic disease

Mental Health Services – Occupational Therapy

Our mental health services focus on assessing and treating people with a psychosocial condition. These services include:

Providing alternative strategies to restrictive practice	Improving self-care and daily living activity routines
Creating a personalised Behaviour Support Management Plans	Developing and implementing social stories for enhanced learning
Education to carers, family and other health workers	Assessments, training and programs to address addiction behaviours
Reducing impulsiveness	Sensory modulation
Counselling and therapy	Stress and anxiety management and relaxation
Social skills and communication training	Problem solving skills training
Addressing impact of mental health conditions on cognition	Interventions and training to improve living skills including money management, work and study.
Emotional and psychological wellness training	

Dietetics

Dietitians focus on assisting people with their nutrition needs, such as:

Enteral feeding – any form of tube feeding	Wounds / pressure areas – poor wound healing
Weight management – underweight, poor weight gain or faltering growth, malnutrition, overweight/obesity/bariatric, eating disorders	Food allergies and intolerances – coeliac disease, fodmaps, cow's milk allergy, lactose intolerance
Chronic disease – diabetes, cholesterol, liver disease, kidney disease, metabolic disease	Nutrition and hydration
Bowel health – constipation, diarrhoea, irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), gluten sensitivity	Modified diets
Dysphagia – impacting dietary intake	Improve eating habits

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