



Initial Assessments

What to Expect

Empower initial assessments are an opportunity for our therapists to get to know you in your home, to support you in achieving your goals so you can live your best life.

Here is what to expect at your initial assessment appointment.

1 What is Important to You?

We need to understand your strengths, areas of reduced function and the barriers you face in achieving your goals.

Our questions will include your:

- history
- support network
- daily activities
- communication needs
- routines
- pain points
- care needs
- challenges

Most importantly we need to understand your focus goals, priorities and timeline.

2 Your Assessment Begins

In order to learn as much about you as you are comfortable sharing, we will complete a series of relevant assessments.

Look over the page for more details from each discipline area.

3 Recommendations, Tools, and Strategies

Following the assessment, we provide a report with recommended strategies and interventions to improve your independence and quality of life.

Together we will go through the report and recommendations to create a therapy plan that works for you and your priorities.

4 Plan Review

We will continually check in to review what is working and what we may need to change.

We will liaise with your support network.

Once you have achieved your goals, we can set new ones with the aim to improve your quality of life.



We can only recommend what is necessary for your functional safety, independence and wellness to help you to maintain your skills and stay connected to your community.

We cannot recommend modifications, equipment or services that are not related to your NDIS goals.

Your Assessment Begins

To learn more about you, our therapists will conduct relevant assessments. We understand that each person is different, and we will adapt our assessments according to your circumstance.



Dietetics

We will discuss and assess:

- medical history
- health goals
- current support structures
- physical activity
- current oral intake
- weight - if appropriate based on your health needs



Physiotherapy

We will observe and assess:

- current strength, balance, or movement patterns
- how you complete everyday activities
- factors that help you participate in activities
- factors that make it difficult for you to participate in activities



Nursing

Depending on your nursing needs we will complete relevant assessments which may include:

- continence
- wound
- cognitive
- falls



Podiatry

We will observe and assess:

- your general Podiatry needs (general skin and nail care)
- any pain you may be experiencing within your feet and ankles
- how much movement you have within your knee, ankle, and forefoot
- your current footwear needs



Occupational Therapy

We will observe and assess:

- how you complete a daily living task or activity
- factors that help you and keep you safe whilst participating in activities of daily living
- factors that make it difficult for you to participate in activities of daily living



Speech Pathology

We can observe and assess:

- your communication skills
- how you complete communication and swallowing tasks
- an examination of your head and neck
- current strength, speed and movement of your head and neck muscles

Person Centred Allied Health Services **1300 043 578**

empowerhealthcare.com.au



empower
HEALTHCARE