



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**

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WE CHANGE LIVES

Our Story

Empower Healthcare was founded in 2016 by two people who were determined to improve the standards of Allied Health services in Residential Aged Care. With industry knowledge and an innovative approach, Adam and Matthew set about defining what Allied Health services can be when quality and person-centred care is placed before all else in healthcare.

The partnership, merged clinical expertise with business acumen and established Empower Healthcare as a leading provider of quality Physiotherapy services in Residential Aged Care facilities in Victoria. This success fuelled the expansion of our services within Residential Aged Care, Home

Care and NDIS to deliver Nursing, Occupational Therapy, Physiotherapy, Podiatry, Dietetics, Osteopathy, Massage, Speech Pathology and services.

Offering comprehensive Allied Health services with a team of dedicated and passionate clinicians working in Victoria, Western Australia, New South Wales and Queensland, Empower Healthcare is growing and taking our unique approach with us.

We are committed to the highest quality care. Delivered by expert clinicians, aimed at improving the independence and quality of life of our clients – helping our clients to live their best life.



Our Mission and Values

To change lives, one intervention at a time

Shared Purpose



We work together to make a difference in our community

We empower each other to do great things

We all have our part to play

Strive for Excellence



We never stop learning

We deliver meaningful outcomes

We take pride in the quality of our work

Act with Integrity



We do the right thing in all circumstances

We treat everyone with respect

We foster an environment of trust, honesty and transparency

Practice Positivity



We have a thank you culture

We recognise and celebrate success

We appreciate and support each other

Our Services

Our professional team of Allied Health clinicians provide the highest standard of care to holistically improve social, physical and mental wellbeing for our clients. We genuinely care about the people we work with. We listen to the needs of our clients and exceed their expectations in delivery.



Dietetics



Massage



Nursing



Occupational Therapy



Osteopathy



Podiatry



Physiotherapy



Speech Pathology



Allied Health Assistants

Multidisciplinary Team Approach

All our clinicians play a vital role in delivering health services to improve people's health and wellbeing. Having access to a broad range of other services within the one organisation is important when delivering the highest quality care and recognising when a need arises for cross service intervention. Our team work together to deliver an ongoing healthcare management plan toward the shared goal of high quality, cost-effective care.

Our Channels

Our clients have their own goals, dreams and ambitions, and achieving them is a journey that takes time and consistency. Our organisation is shaped around a commitment to continuity of staff for clients. We believe that people get better outcomes when they can build strong relationships and trust with the clinicians who treat them across all our channels.

NDIS

We are a registered NDIS provider, experienced in assessment and treatment strategies to help participants with a disability gain independence and achieve their goals.

Our multidisciplinary team approach enables better outcomes for participants from the one organisation in the comfort of their own home.

Home Care

We deliver therapy for clients with Home Care packages. We take the time to communicate with referrers, clients and families from referral through to follow up so that everyone stays informed. All needs are met on time and on budget.

Residential Aged Care

Empower's quality focused solutions are tailored to suit the specific needs of your organisation and maximise the safety, function and quality of life for your residents.

Our service is delivered in a transparent, compliant manner by experts giving you hassle free, peace of mind. As a result, we are a trusted partner of national clients.

Other Channels

Our services are available to people with various funding including: Private, SWEP, CHSP, DVA, EPC, EDP and Private Health Cover.

Please call 18000 HELP U to discuss further.

Our Locations



Victoria

1 Cochranes Road, Moorabbin, VIC 3189
☎ 03 9583 1364

New South Wales

Level 35, 100 Barangaroo Ave, Sydney NSW 2000
☎ 02 9188 4141

Queensland

3/373 Chatswood Road, Shailer Park
Brisbane QLD 4128
☎ 07 3180 3925

Western Australia

16 Parliament Place, West Perth, WA 6005
☎ 08 6558 0848

Australia wide: Telehealth services

Our Telehealth services are perfect for people unable to have face to face appointments

Person Centred Allied Health Services
1300 043 578

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