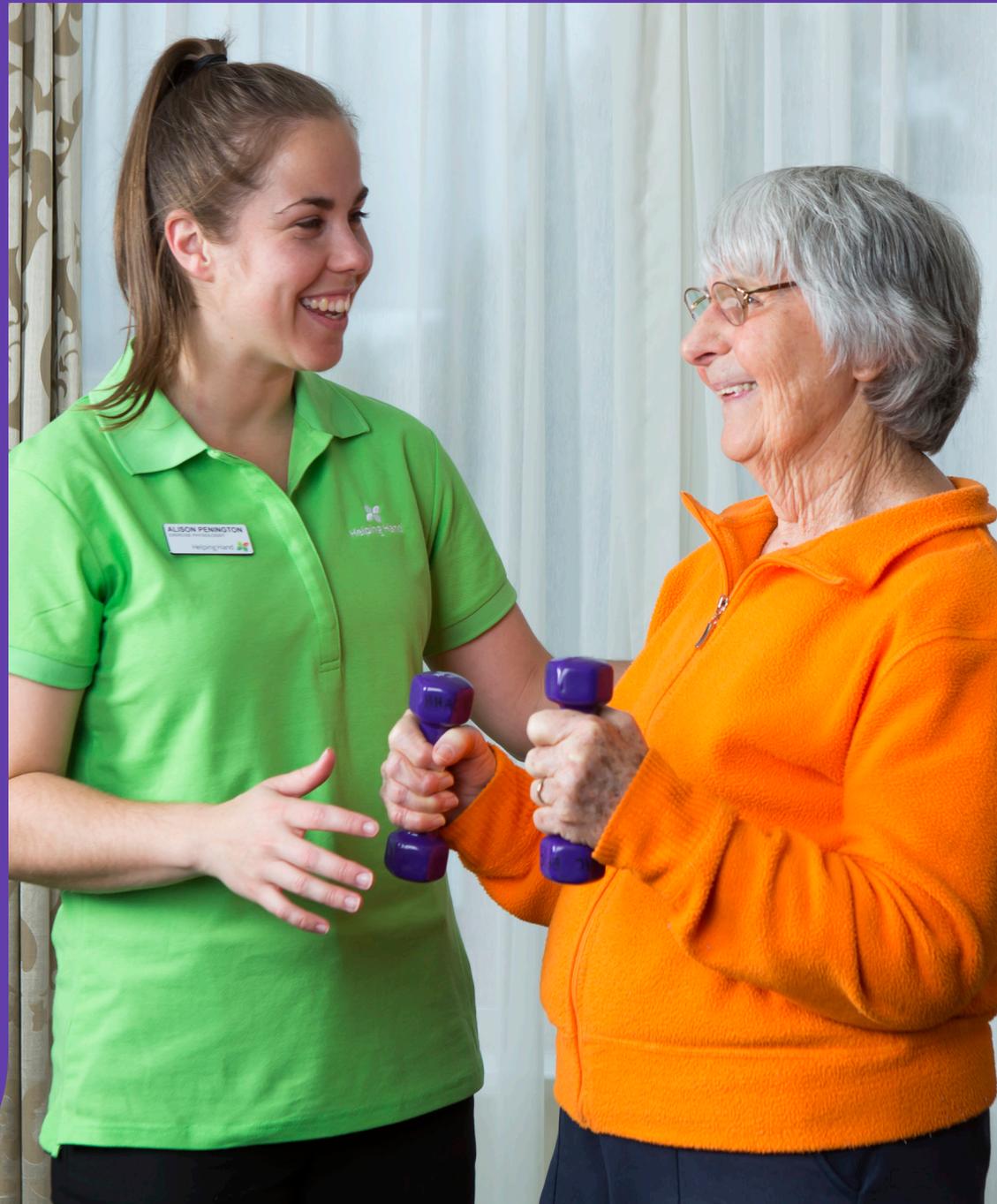


# BRAIN AND BODY BOOST

Experience Helping Hand's specialised exercise program, tailored to meet your health needs.

Brain and Body Boost is proven to have a positive effect on your:

- ✓ mood
- ✓ mobility
- ✓ strength
- ✓ socialisation



Brain and Body Boost is available to residents of our aged care homes at North Adelaide, and coming soon to Lightsview. Call us on 1300 653 600 or email [elevate@helpinghand.org.au](mailto:elevate@helpinghand.org.au) to find out more.

Our fully qualified Exercise Physiologists will design a program specifically suited to you, and will work with you in your room or wherever you choose.

You may be able to claim rebates from private health insurance, check with your health insurance provider to see if you are covered.



# BRAIN AND BODY BOOST Frequently Asked Questions

## Why exercise?

Research has proven that exercise, at the correct intensity and duration, can improve the quality and duration of life. More importantly, exercise can contribute to decreasing the incidence of chronic health conditions, help with pain management and assist rehabilitation after an injury or illness.

## What is an Exercise Physiology program?

Through exercise physiology you can be tested and provided with exercises to help with the management and prevention of chronic health conditions, rehabilitation, disabilities and mental health conditions. The program is run by an Accredited Exercise Physiologist, who is a university qualified allied health professional, and is equipped with the knowledge, skills and competencies to design, deliver and evaluate safe and effective exercise interventions for people with acute, sub-acute or chronic medical conditions. Those people may be at risk of developing, or have existing, medical conditions and injuries. The aims of exercise physiology interventions are to prevent or manage disease or injury, and assist in restoring one's optimal physical function, health or wellness. These interventions are exercise-based and include health and physical activity education, advice, support and lifestyle modification with a strong focus on achieving behavioural change.

## What happens?

The exercise program created by your exercise physiologist (EP) will depend on your goals, physical abilities, health risk factors and/or health conditions. An initial consultation will be done with you and the EP and this will take up to 1 hour. It is a private one on one consultation where the both of you (and/or a family member where required) will discuss your medical information, physical limitations, and past and present exercise habits. After the assessment is done the EP will provide a recommendation that includes an Exercise Program focussing on your goals and is adapted to suit your individual needs.

## Where is it done?

The initial and subsequent consultations are done in the privacy of your residential aged care home room or where ever is suitable and comfortable for you.

## What happens at reviews?

The EP will continuously review all of the measures and this will help gauge effectiveness, determine whether progression is required and also provide feedback to your other medical practitioners if required.

## How much does it cost?

Initial consultation (1 hour): \$100\*

Subsequent consultation (45 minutes): \$60\*

\*These prices may be subject to change

To be paid at time of treatment, or paperwork can be provided to you to enter credit card details for payment.

## Can I claim on these services?

As this is a fee-for-service arrangement that is agreed to in consultation with relevant Helping Hand Allied Health providers, these additional services are separate to any Government-funded services. Any existing service agreement that you have in place that relates to Government-funded services is separate to, and not affected by this. The majority of health funds now recognise Exercise Physiology services and offer a substantial rebate. You will receive a tax invoice that you can give to your private health provider. Please note: cover for Exercise Physiology will vary for each person depending on the cover type they have and the provider they have cover with.

## How do I book?

To make an appointment with our Exercise Physiology team, please contact us by phone [1300 653 600](tel:1300653600) or email [elevate@helpinghand.org.au](mailto:elevate@helpinghand.org.au)