



UPDATE: COVID-19 NDIS SERVICE DELIVERY

Release Date: 26/3/20

WE ARE AVAILABLE

During this challenging time, we are remaining open to continue supporting your health, wellness and capacity building needs.

We have stepped up our COVID-19 vigilance in line with government hygiene and distancing recommendations.

We will continue to provide personalised programs to assist you with improving your mobility; stamina; strength; balance; energy; resilience; independence and confidence - tailored for self-isolation at home.

You will be looked after by Dr Simon Sostaric, a highly experienced and distinguished exercise physiologist, who has a passion to help people just like you.

HOW WE WILL HELP

1. **WE LISTEN** to understand your unique concerns and goals.
2. **WE EVALUATE** monitoring your progress.
3. **WE PLAN & EMPOWER** develop and provide targeted programs that assist you with continuing your capacity building while you are self-isolating.
4. **WE SUPPORT** tailoring ongoing health and wellness support to meet your needs during this difficult time.

OUR SERVICE POLICY

Participants are required to self assess their health prior to appointments.

Let us know if you have any signs or symptoms of illness; or have potentially been in contact with anyone who has, so we can advise on the best way to proceed. We have tele/video health appointments for those who are unable to attend.

In order to comply with distancing recommendations, only the participant and +1 are permitted in the clinic at any one time.

We will also require you to follow our hygiene protocols whilst in the practice.

CONTACT US

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