

NDIS News!

Conveniently located at Mount Wilga Private Hospital – June 2021

We 
ndis

About Us!

Conveniently located at Mt Wilga Private Hospital (Hornsby), Ramsay Health Plus is an NDIS registered provider offering on-site and local community based therapy supports.

Services available include Physiotherapy, Hydrotherapy, Occupational Therapy, Speech Pathology, Exercise Physiology, Dietetics, Psychology and Social Work. Group based therapy or therapy assistant led sessions are also available.

Our team of therapists are highly experienced and work in collaboration with one another to ensure the very best outcomes for our participants.

Referrals

We've been busy with recruitment over the past few months, and now have immediate availability with all our allied health disciplines. Should you wish to make a referral or enquiry, please don't hesitate to contact our friendly team on 9847 5359 or via email: NDIS.MWP@ramsayhealth.com.au



Meet Our Team!



Dale Carn, Occupational Therapist

Dale Carn has a Bachelor of Applied Science (Occupational Therapy) from The University of Sydney and a Diploma of Dementia Care from the University of Tasmania.

Dale has over 20 years' experience working as an OT. She has been a member of the Mt Wilga NDIS Team for 2 years, working with adult NDIS participants who have a variety of diagnoses including, post-stroke deficits, autism, intellectual disability, Down syndrome, vision impairment, cerebral palsy, movement disorders and other conditions. Prior to joining our NDIS team, Dale's work experience

has included 7 years in one of Sydney's large acute hospitals and 5 years running her own community-based private practice. She has also worked for Northcott Disability Services on the school aged physical disability team as well as in a variety of hospital based roles in both Australia and the UK.

Dale has a variety of special interests including dementia care, intellectual disability, Down syndrome and post-stroke therapy. Dale loves to dance, roller skate and write, and has recently started a blog called Daley Dabble – you can read it here at: www.daleydabble.blogspot.com



Sarah Fogarty, Occupational Therapist

Sarah Fogarty has a Bachelor of Applied Science (Occupational Therapy) from The University of Sydney. Sarah also has over 20 years' experience as an OT and joined our NDIS Team in April 2021.

While new to the NDIS, Sarah has extensive experience working alongside individuals with acquired brain injuries, orthopaedic and neurological injuries as well as post-traumatic stress disorder and other mental health conditions. Sarah's recent experience working within the NDIS at Ramsay Health Plus has also seen her complete

Minor Home Modification assessments, functional assessments, and AT requests for participants presenting with Cerebral Palsy, Epilepsy, Parkinson's disease, Stroke, and other neurological conditions.

Prior to joining the NDIS team, Sarah worked as a Senior Rehabilitation Consultant for a number of large rehabilitation providers, involving the management of individuals suffering major and catastrophic motor vehicle accidents. Sarah has also worked in a number of rehabilitation hospitals in both Sydney and Brisbane.

So what does an Occupational Therapist do?

Occupational therapists (OT's) are university trained health professionals who assist individuals to participate in activities they find meaningful and/or important. These activities can include participating in hobbies, taking care of oneself (and others), working or volunteering.

OT's are expert problem solvers – and specialise in finding new, innovative (and sometimes unconventional) ways of doing things! This could be through the prescription of an adaptive item of equipment, technology, home modifications, accessing of services... or simply by offering tips and advice on how to do something more easily and safely.

Under the NDIS, our OT's can provide:

- Seating assessments
- Specialist Disability Accommodation (SDA) assessments
- Comprehensive functional assessments
- Therapy (both on-site and in the home)
- Assistive Technology requests
- Minor Home Modification requests



For more information on the role of an Occupational Therapist, visit www.otaus.com.au

Participant Spotlight

Joanne is on the move!

Joanne has lived with primary lymphoedema for the majority of her adult life. This has contributing to prolonged swelling in her abdomen and both legs, and made community access, walking, and completion of personal/domestic tasks painful and increasingly difficult.

Pleasingly, Joanne was accepted onto the National Disability Insurance Scheme (NDIS) in 2017 and granted funding for custom made compression garments and regular access to a qualified lymphoedema therapist. What a difference it has made! Joanne's leg swelling is now contained, and she is able to move more easily and regularly exercise. So much so that she has since lost over 80kg!

While Joanne can now walk up to 200metres indoors, she remains reliant on a motorised wheelchair over longer distances and in the community. Having travelled over 7300km in her previous wheelchair, Joanne's Occupational Therapist was delighted that Joanne had a brand new power wheelchair funded under the NDIS. In addition to maintaining contact with her family, friends and church community, this new power wheelchair has enabled Joanne to access public transport and participate in a TAFE computing course.



Well Done Jo! While there is still plenty of room for further improvement, it's been wonderful to witness your progress to date!

Exercise Right Week

Exercise Right Week ran from 24th – 30th May, and our Exercise Physiology (EP) Team were not shy about promoting the benefits of exercise! For example:

- Children with parents who participate in physical activity are 200% more likely to be active themselves!
- People who live a healthy lifestyle may enjoy up to 10 additional years of life free from cancer, cardiovascular disease and diabetes?

Expertly prescribed exercise has the power to change lives, and our Exercise Physiologists are skilled at developing safe and effective exercise programs for individuals of all abilities – including the 1 in 5 Australians aged 65years and over that experience activity-limiting disability. **Don't hesitate to contact us if you would like more information on how to find an Accredited Exercise Physiologist near you!**



Education: Exercise, cognition and Traumatic Brain Injury

What is a Traumatic Brain Injury?

Traumatic Brain Injury (TBI) can occur after a blow to the head, or by rapid head movements which cause brain tissue to be damaged (Synapse Australia, 2021).

While the physical side-effects of TBI are well known (e.g. paralysis, movement and balance problems, fatigue, etc.), there are also many cognitive side-effects of TBI that are not always immediately obvious. These can include: memory problems, slowed responses, difficulty concentrating, emotional lability, lacking social skills, reduced insight into oneself, impulsivity, depression, anxiety, reduced motivation / task initiation and difficulties with problem solving (Synapse Australia, 2021).

Epidemiology:

In Australia, approximately 1 in 45 adults have a brain injury, with approximately half of those being the result of traumatic brain injury (Synapse Australia, 2021). According to Pozzato et al (2019), most TBI's result from falls (in individuals aged 75 years and over) or motor vehicle accidents (in individuals aged 15-19 years). While rates of TBI are considerable lower in Australia (comparative to the rest of the world), socio-economically disadvantaged individuals (or those living in remote areas) remain at the greatest risk of TBI. (Pozzato et al, 2019).

Why is exercise important?

The cognitive benefits of exercise amongst TBI sufferers are numerous and can include:

- Improved global cognition (Barha et al, 2017)((Vanderbeken & Kerckhofs, 2017) (Kurowski et al, 2017)
- Improved mood (Weinstein et al, 2017) (Wise et al, 2012).
- Improved Neuroplasticity (the brains ability to change and adapt (Karen et al, 2010)

According to Kurowski et al (2017), exercise is thought to bring about these benefits through improved cerebral blood flow, oxygen extraction, and brain metabolism.

Despite these benefits, research shows that individuals living with acquired brain injury are far less likely to participate in physical activity. This is attributable to the many exercise barriers faced by individuals with TBI that can include cognitive impairment, reduced mobility, fear, pain, financial cost, transport difficulties, or poor service availability (Jones et al, 2015). As such, the importance of assisting individuals with TBI to remain physically active should not be overlooked or underestimated.

Exercise Recommendations:

The Australian Physical Activity Guidelines (dictated by the research of Brown et. al, 2012) recommends all adults accumulate 150 minutes of moderate intensity physical activity (or 75 minutes of vigorous intensity physical activity) each week as well as at least 2 days per week of resistance exercises.

While the optimal type, timing, and intensity of exercise for individuals with TBI is still yet to be determined (Kurowski et al, 2017), there is evidence of cognitive benefit from both aerobic exercise on its own (Weinstein et al, 2017) AND in combination with resistance training (Karen et al, 2010) (Vanderbeken & Kerckhofs 2017).



See you at the Sydney Disability Expo

The face-to-face Sydney Disability Expo is back in 2021, and aims to link people with disabilities with a range of products and service providers! COVIDSafe practices will be in place, and there will also be a range of informative and interactive presentations delivered by industry experts.

Ramsay Health Plus is proud to be an exhibitor – be sure to stop by, say hello, and enter into our prize competition.



Congratulations Victoria - Archibald Prize Finalist

Congratulations to Victoria Atkinson for being named as a 2021 Archibald Prize Finalist for her portrait of Trent Zimmerman (member for North Sydney). A well-deserved honour!

<https://www.artgallery.nsw.gov.au/prizes/archibald/2021/30265/>

