

NDIS News!

Conveniently located at Mount Wilga Private Hospital – **March 2021** Edition 1



Welcome to the first edition of our new quarterly newsletter, which provides us with an opportunity to update you on what's happening in our NDIS space!

About Us!

Ramsay Health Plus is an NDIS registered provider of therapeutic supports both on-site at Mt Wilga Private Hospital (Hornsby) and within the local community. Being co-located, our allied health professionals are able to work closely together to ensure the very best for our participants whom often have complex and highly individualised support needs.

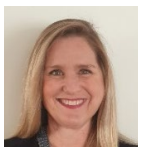
Our friendly and experienced team are available to help, and can provide the following services to NDIS participants:

- Physiotherapy
- Occupational Therapy
- Speech Pathology
- Exercise Physiology
- Therapy Assistant
- Dietetics
- Psychology
- Driving Assessments

We have two hydrotherapy pools on-site, and are able to provide group based intervention in some instances – saving your participant's money and providing them with opportunities for social interaction!



Meet Our Team!



Nicole Griffiths, Administration

We have such a wonderful team here at Ramsay Health Plus and hope to introduce you to each of our committed team members over the coming year.

First cab off the rank is Nicole Griffiths – our amazing NDIS co-ordinator!

If you are calling to refer or follow up on an NDIS participant, you will more than likely speak with our fabulous NDIS coordinator, Nicole. Nicole completed an Advanced Certificate in Office Administration and has worked in a variety of different roles over her 22-year career. Nicole has been a part of the NDIS team at

Ramsay Health Plus for more than three years where she oversees the day-to-day administration and coordination of the team. Nicole is passionate about providing quality customer service and having a can do attitude. She believes in treating people with respect and understanding and has always loved working in the health and disability space.

In her free time, Nicole enjoys spending time with family and friends and watching her three children play sport. She would also love to travel one day and explore Australia's beauty.

NDIS News

Release of 'Practice Alert: Dysphagia, safe swallowing and mealtime management'.

The NDIS Quality & Safeguards commission has recently released a practise alert explaining the risks associated with dysphagia, and provider obligations with respect to supporting participants with dysphagia that include seeking the professional support of a qualified Speech Pathologist.

This is a must read for anyone providing services to a participant with Dysphagia, and can be found on the NDIS commission website:

https://www.ndiscommission.gov.au/document/2411?utm_medium=email&utm_campaign=Dysphagia%20safe%20swallowing%20and%20mealtime%20management&utm_content=Dysphagia%20safe%20swallowing%20and%20mealtime%20management+CID_875b580f0dae2d3d0f0ec5607db49127&utm_source=Campaign%20Monitor&utm_term=Dysphagia%20safe%20swallowing%20and%20mealtime%20management

Should you have an NDIS participant requiring Speech Pathology services, don't hesitate to get in contact with us!



Practice Alert

Dysphagia, safe swallowing, and mealtime management

November 2020

Key points

- 'Dysphagia' is difficulty with swallowing.
- NDIS providers have obligations to provide competent and safe supports to participants with dysphagia and manage the associated risks
- Symptoms include: difficulty biting or chewing on food, coughing or choking on food or fluid, and food or drink falling from a person's mouth.
- Dysphagia symptoms can worsen as people get older.
- Dysphagia is associated with a wide range of disabilities and health conditions.
- People with disability who have dysphagia are more likely to die from choking or respiratory illnesses or have serious health complications because of poor management of dysphagia.
- Training and knowledge about identifying and managing swallowing problems can minimise risks of serious health complications and improve a person's mealtime-related quality of life.
- A proper assessment of a person's swallowing and nutritional needs can reduce the negative impacts of dysphagia and improve a person's safety and quality of life.

Practice Alert: Dysphagia, safe swallowing and mealtime management

Page 1

Participant Spotlight

Sunil is back on the bike!

After suffering a severe brainstem stroke in 2017, Sunil underwent a number of surgical procedures and a period of intensive hospital rehabilitation.

Despite making some improvement, Sunil continues to suffer from reduced strength and coordination in his arms and legs. As a result, Sunil requires assistance with almost all aspects of daily life. Sunil also requires the help of his wife or carer when walking, and uses a walking frame or stick.

When we met Sunil in 2019, his goal was to improve his independence and participation in community, leisure and social activities. Prior to his stroke, Sunil ran his own IT business, was involved in Indian community groups, regularly went push-bike riding and had been a proficient motorcyclist, having competed in many long distance off-road rallies.

He was keen to explore a return to cycling, and we were keen to help!

After trialing a number of bikes, Sunil and his Occupational Therapist were excited to find a modified quadricycle that Sunil was able to both safely ride and have funded under the NDIS.

The team were thrilled at having the quadricycle delivered to Sunil just in time for Christmas.

Sunil can now independently access the park adjacent to his home, and participate in an activity that is enjoyable to him. Happily, the use of his new modified quadricycle will also provide Sunil with an opportunity to get some fresh air, exercise and interact with others in his community again.



Education



March is Lymphoedema Awareness Month and this year's campaign focuses on recognising not only the signs of lymphoedema, but also the importance of early intervention for improved outcomes.

The introduction of 'disability-related health supports' in October 2019 now enables NDIS participants with disability-related oedema to seek funding for compression garments and pumps from their NDIS plan.

Our multidisciplinary Lymphoedema team (based at Mt Wilga Private Hospital) have recently been internationally recognised as a Centre of Excellence for lymphoedema management by the Lymphatic Education & Research Network (LE&RN), the only one of its kind in Australia. Don't hesitate to get in contact with us should you have an NDIS participant needing assistance in this area!

LYMPHOEDEMA

Know the early warning signs



Lymphoedema is a swelling that can happen when the lymphatic system is not working properly. One way lymphoedema may develop is after surgery or injury to the lymphatic system, which might happen due to cancer treatment, but lymphoedema can also develop seemingly out of nowhere. If you get these feelings in your arms, legs, trunk or head and neck, you may be developing lymphoedema:

**TIGHTNESS**

Jewellery, shoes or clothing feel too tight, particularly on one side, without overall weight gain. The skin may also feel tight or stretched in the same area.

**SWELLING**

The area looks bigger than before or compared to the other side. This may not be something that others notice; just the person who has swelling.

**ACHING**

The area feels achy or heavy, especially at the end of the day.

**CELLULITIS**

People who have or are developing lymphoedema are at a higher risk of getting a skin infection called cellulitis. People often report experiencing repeated bouts of cellulitis before a diagnosis of lymphoedema is made.

Early diagnosis and treatment of lymphoedema can lead to better outcomes. If you are worried or experiencing these types of problems, talk to your doctor or a lymphoedema practitioner about getting assessed for lymphoedema.

For more information visit:
National Lymphoedema Practitioners Register (NLPR):
www.lymphoedema.org.au/accreditation-nlpr/find-a-practitioner
Australasian Lymphology Association (ALA):
www.lymphoedema.org.au



Australasian Lymphology Association

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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, please don't hesitate to contact our friendly team on 9847 5359 or via email: NDIS.MWP@ramsayhealth.com.au



Happy Easter

The Ramsay Health Plus team would like to wish you and your participants a very Happy Easter!

May it be spent with family, friends and (just a little bit of) chocolate!

