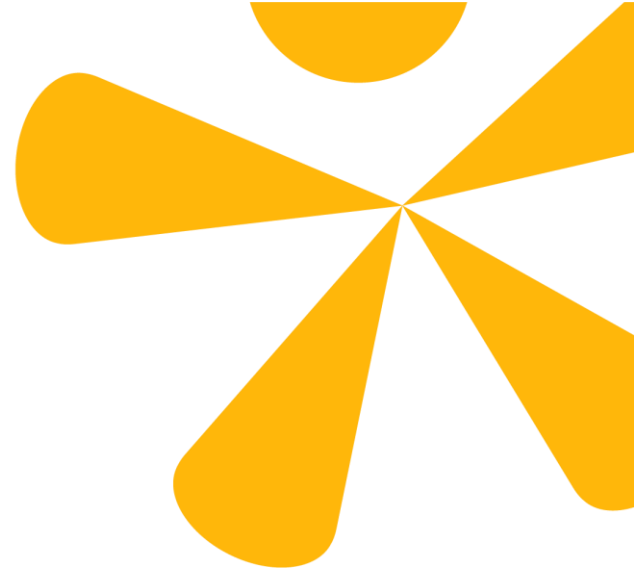


# Therapy Services

Information for older adults



## Why choose Carrington Health?

**We have been providing services to our community for over 30 years and are dedicated to helping people enjoy better and longer lives.**

Our services for older adults are here to help you stay at home longer and to maintain your independence. We are a fully accredited provider for a wide range of allied health and therapy services, allowing us to support your health and wellbeing holistically.

## What therapies and services do you provide?

- **Occupational Therapy** to help you make the most of your everyday activities
- **Physiotherapy** to help you rehabilitate, keep moving and stay active
- **Speech Pathology** for people having trouble with communication, eating or swallowing
- **Psychology and Counselling** to help with the changes that older life can bring
- **Diabetes Specialist** support to help you manage your health
- **Dietitian Services** to make sure your diet supports your lifestyle and health needs and;
- **Podiatry** to make sure your feet are in the best condition to help you get around.

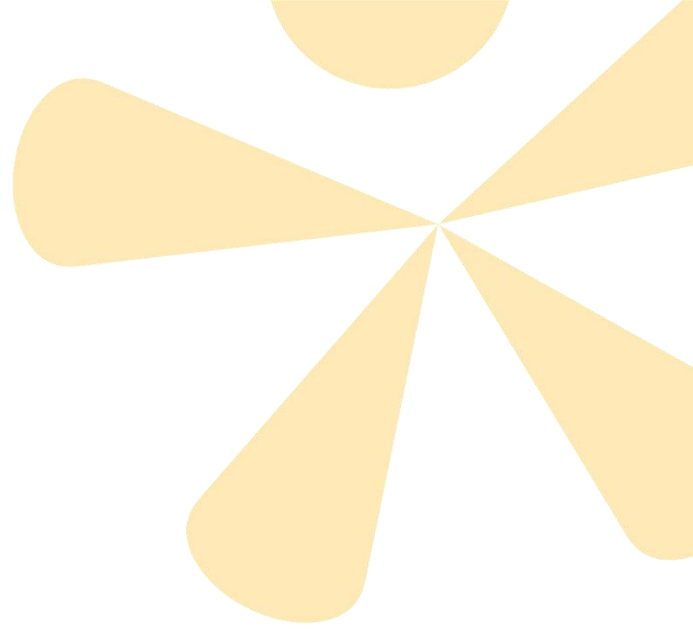
## What are your groups and programs?

- **Physiotherapy, Fitness and Supported Exercise Therapy**
- **Diabetes** support groups and education programs
- **Men's Shed** support group
- **Falls Prevention** program
- **GLA:D™ Australia** Knee and Hip Osteoarthritis treatment program
- **Heart Health** group and;
- **Dementia** and **Speech Therapy** support programs.



**Talk to us about how to access our therapy services through a Home Care Package on T(03) 9890 2220.**

Note: You may be able to access our therapy services through other subsidy or funding options if you are not receiving a Home Care Package.



**For more information  
contact:**

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[info@carringtonhealth.org.au](mailto:info@carringtonhealth.org.au)

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