

# Trinder Park

## Allied Health Services

*Better health and  
wellbeing for over 65s*

Physiotherapy

Massage

Podiatry

Group Programs



Lutheran  
Services

*There for you*

**Trinder Park offers a range of allied health services for both our retirement living residents and members of the local community. We provide subsidised individual sessions and group programs, tailor made for people aged 65 and over.**

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## Physiotherapy

Improving and maintaining joint mobility, muscle strength, endurance and functional ability.

## Massage

Easing tension and pain, improving muscle function and circulation, and promoting general wellbeing. (Following initial assessment by our physiotherapists.)

## Podiatry

Treating and preventing a range of conditions of the feet and lower limbs. Specialised treatment is provided for patients with conditions such as diabetes, arthritis and peripheral vascular disease.

## Group programs

A variety of group exercise therapy sessions helping to maintain strength, balance and mobility. Class sizes are small, ensuring close personal attention.

## Affordable and convenient

Trinder Park Allied Health fees are subsidised by the Australian Government Department of Health.

Our therapists specialise in caring for people over 65. There's usually no waiting list. While a referral from your doctor is welcome, it's not essential.

Treatment options include individual and/or small group sessions. We can provide long-term treatment for chronic conditions and ongoing maintenance.

A door-to-door return bus service within the local area is available for a small cost. Wheelchair-accessible transport is also available.

## Trinder Park Allied Health Services 2018 Fees

### Physiotherapy and Massage

Initial consultation \$17 | Follow-up \$13

### Podiatry

Initial consultation \$19 | Follow-up \$15

### Group programs

Per visit \$8

### Transport

Door-to-door return bus from:

- Woodridge, Slacks Creek, Kingston \$6
- other areas within 5km of Trinder Park \$7

*Wheelchair-accessible transport is also available.*



## How to access our services

To access our subsidised services, simply register with My Aged Care by calling 1800 200 422 or via the website [myagedcare.gov.au](http://myagedcare.gov.au)

If you need advice or assistance, just ask us.

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## Trinder Park

### *Allied Health Services*

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*Experienced enough to deliver.  
Small enough to care.*

Trinder Park is part of the Lutheran Services family—a not-for-profit organisation and member of Aged Care Services Australia.

*Although funding for Trinder Park Allied Health Services has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.*