

Wellness Centre

Estia Health Blakehurst



Enriching and celebrating life together

Wellness Centre at Estia Health Blakehurst

Estia Health Blakehurst has an onsite Wellness Centre, which offers specially-designed rehabilitation and reablement programs, providing enhanced physiotherapy and allied health services for our residents available as part of our Estia *Plus* premium service.

Delivered by Concentric Rehabilitation, experts in aged care specific physiotherapy and allied healthcare, they have established Australia's first co-located Wellness and Rehabilitation Centres in residential aged care homes across the country.

The Wellness Centre supports the care we provide at Estia Health Blakehurst, with personalised programs designed to help residents improve both mentally and physically, with the chance to meet people, socialise while taking part in weekly classes and ultimately regain a level of independence and reach their goal, whatever that may be.



The Wellness Programs

Programs are designed to support residents who often enter aged care homes with complex care needs and begins with a comprehensive assessment of individual health issues and concerns and the goal they are working towards. Based on this, a program is recommended, with tailored elements, including weekly exercise classes and one-on-one sessions with a member of the experienced Concentric Rehabilitation team, as well as access to the gym during opening hours. The initial assessment and recommended program is discussed with Estia Health's Care Director, the resident's GP and the resident's family and reassessed every three months to monitor progress against their goals to ensure maximum benefit.

Falls prevention and balance program	<p>Designed to improve a person's balance, range of function and overall strength to reduce the risk of falls and prevent a decline in overall wellbeing.</p> <p>Focus:</p> <ul style="list-style-type: none">• Improve balance• Opportunity for social interaction• Improve overall physical and cognitive function
Strength and mobility program	<p>Designed for residents with orthopaedic conditions such as osteoporosis and arthritis or for those requiring rehabilitation following surgery.</p> <p>Focus:</p> <ul style="list-style-type: none">• Reduce pain• Improve range• Increase strength and physical function
Functionality program	<p>Designed for residents with neurological conditions (e.g. Parkinson's disease, multiple sclerosis, post stroke) who usually require two practitioners to assist them with mobility or transfers.</p> <p>Focus:</p> <ul style="list-style-type: none">• Maximise function• Increase strength• Build physical capacity

Kevin's goal

When Kevin moved into Estia Health Blakehurst, he'd had a number of falls and was using a walker to get about, which meant he'd lost some of his confidence and independence.



The Wellness Centre team asked Kevin what his goal was and he said 'overall it's to regain my fitness and not need my walker'. Kevin had decided to move into Estia Health Blakehurst because of the Wellness Centre and the specialist equipment available. His immediate focus was to reduce his risk of falls by improving his balance, along with managing his knee pain so that he could easily use the stairs when visiting his friend's house. Following the team's assessment, they identified Kevin would benefit from tailored treatment and exercises in the Centre and suggested he start the Falls and Balance program.

Kevin was very motivated and started coming to the gym every day, using the exercise bike and leg press equipment, having his weekly physio classes and seeing a member of the physiotherapy team to improve balance, coordination and lower limb strength.

Six weeks on and Kevin's already seeing the benefits saying 'my balance has improved and so has my walking', with much more strength in his legs, he is less reliant on his walker and is feeling more confident about being able to tackle the stairs when he goes to visit his friend. The team have also seen a real improvement in Kevin's strength and mobility as well as his overall wellbeing, including the opportunity to socialise with other residents and share a joke, or two!

For more information call **02 9171 3300**
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Estia Health Blakehurst

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