



MannaCare
WIDER CHOICES FOR OLDER PEOPLE

Types of programs offered at Doncaster Rehabilitation Services:

- Individual sessions with a Physiotherapist, Occupational Therapist, Exercise Physiologist or Allied Health Assistant.
- Podiatry service including:
 - Preventative foot care
 - Footwear advice
 - Diabetic foot assessment and treatment
- Counselling service
- Vestibular Rehabilitation to improve balance and reduce dizziness-related problems.
- Restorative group programs incorporating exercise and education include:
 - Pulmonary Rehabilitation Program
 - Balance In Action
 - Back Group
 - Hand Gym and Upper Limb Group
 - Stroke Group and
 - Parkinson's Group
- A variety of maintenance exercise groups focussing on strength training, balance training and cardiovascular fitness using free-weights and gym equipment.
- Home safety assessment aids
- Personal alarm
- Home modification
- SWEP application (funding application for equipment and home modifications)
- Prescription of functional aides
- **GymActive** uses Doncaster Rehabilitation Service's state of the art strength and cardio exercise equipment, designed to meet the needs of older people. It incorporates stretching, strengthening, balance and co-ordination exercises. GymActive offers a more supportive environment than is available in a commercial gym and is accessible to older residents of the Eastern Metropolitan Region.

To find out more about our services, please call or email our staff.

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