



**Montrose**  
Therapy & Respite Services



# Referring to Montrose

## Our Therapy Services

Living a satisfying, happy life means something different to everyone. Our experienced and friendly teams customise a plan to suit the specific needs of each customer.

Therapy is available in one of our service centres, local clinics, in the home or community-based location.

Service Centres are available on the Sunshine Coast, Gold Coast, Brisbane North and Brisbane South, Toowoomba, Ipswich and Townsville. Clinics are also offered in additional locations.



# When to refer to Montrose

## Types of Assistance

- Coordination, strength and flexibility
- Selection and prescriptions for mobility equipment, such as a wheelchair, walker or standing frame
- Exercises to improve posture and help control movement
- Advice on how to physically assist someone
- Reaching age-appropriate milestones such as running, hopping and riding a bike
- Respiratory interventions, including exercises and equipment prescription

- Selection, assessment and prescription of Assistive Technology (equipment). For example: eating aids, hoists, shower commodes, pressure mattresses
- Vehicle and environment modifications to help you live as independently as possible
- Developing or modifying daily living skills such as washing, dressing & toileting
- Getting Sensory Regulation right – auditory (hearing), visual (sight), proprioception (touch), vestibular (balance). This includes finding the balance between not enough and too much .
- Reaching age-appropriate milestones for children
- Improving fine motor skills and strength to help with "small activities" i.e. buttons, writing, earrings
- Assessments, Reports and Recommendations
- Training and Education Programs for carers and educational staff

- Communicating with others
- Specialised communication aids and resources
- Developing verbal and literacy skills
- Mealtime assistance when eating is difficult or for a fussy eater

- Managing anxiety, depression, grief and loss, anger and adjustment to disability
- Parenting strategies when children present with challenging behaviours
- Assessments in areas of intelligence, learning, attention deficit/ hyperactivity, executive function difficulties and memory
- Sleep difficulties
- Stress management and relaxation
- Developing self-esteem and self-confidence

- Confidential counselling and support for children and families
- Facilitating peer support and networking
- Advocacy and consultation with other service providers such as schools, support agencies and hospitals
- Accessing community resources such as government benefits, housing, respite

## Refer to



### PHYSIOTHERAPY

Physiotherapy helps improve your balance, coordination and strength through tailored therapy, exercises and informed advice. Our therapists will work with you to help you meet your movement, mobility needs and gross motor goals.



### OCCUPATIONAL THERAPY

Our team of occupational therapists help you to build the skills and confidence to take part in everyday activities. They can help you break down challenging activities into manageable tasks and gradually build on your strengths.



### SPEECH PATHOLOGY

The Speech Pathology team specialises in assisting children and adults who have difficulty with speech, reading, language, communicating and swallowing.



### PSYCHOLOGY

Psychologists work with people and their families to promote psychological wellbeing and positive and effective behaviour.



### SOCIAL WORK

Our Social Workers are there to support individuals and their families. Sometimes people just need some helpful advice and a little extra support during times of change.



## FUNDING OPTIONS

Many of our services are provided at no direct cost through our funding arrangements with the Department of Communities, Child Safety and Disability Services and the Department of Education and Training Non-School Organisations program. Access to those services is based on eligibility criteria but there are many other funding options available including:

- National Disability Insurance Scheme (NDIS) – when available in your area
- Better Start initiative
- Medicare (Chronic Disease Management)
- Helping Children with Autism (HCWA)
- Individual Support Packages
- Private health insurance with gap-only payments via HiCAPS
- Medicare (Allied Health Services for people of Aboriginal & Torres Strait Islander descent)
- Self-funded

## ADDITIONAL SERVICES

### RESPIRE, INDEPENDENT LIVING AND DAILY LIVING SUPPORT

Need help with daily living and personal care? Looking to become independent? Perhaps just looking to enjoy a few days away and take a break? We offer a wide variety of personal care in your home, community access, respite and independent supported accommodation for people at various stages of life.

### LIFESTYLE AND COMMUNITY ACCESS

You can learn new skills to increase your independence, and participate in fun activities with people your own age. We're here to enable teenagers and adults be active, involved and enjoy their community.

### ACCESSIBLE HOLIDAY ACCOMMODATION

People with a disability or mobility issues know the challenge of finding somewhere genuinely accessible with all the facilities and equipment in place to provide a care-free holiday. We provide unique fully-accessible and equipped accommodation on the Sunshine Coast and Gold Coast.

See more on these services at:  
[www.montrose.org.au](http://www.montrose.org.au)



# Make a referral

To make a referral or discuss with one of our team members contact us on **1800 193 362** or complete the referral form that should accompany this form. Additional copies are available on our website at [www.montrose.org.au](http://www.montrose.org.au)



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## Customer service centres

### HEAD OFFICE

(and Brisbane South Service Centre)  
2/10 Station Avenue  
DARRA QLD 4076  
P 1800 193 362  
D 07 3379 9200

### BRISBANE NORTH

2/3 Jockers Street  
STRATHPINE QLD 4500  
P 07 3881 7900

### GOLD COAST

Cnr Allied Drive & Byth Street  
ARUNDEL QLD 4214  
P 07 5509 9300

### IPSWICH

Shop 36, 64 Raceview Street,  
RACEVIEW QLD 4305  
P 07 3280 3800

### SUNSHINE COAST

Level 2, 20 Innovation  
Parkway  
BIRTINYA QLD 4575  
P 07 5439 1300

### TOOWOOMBA

1/9 Bowen Street  
TOOWOOMBA QLD 4350  
P 07 4592 7200

### TOWNSVILLE

First Floor, Building 3  
86 Thuringowa Drive,  
THURINGOWA QLD 4817  
P 07 4417 7100