



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, Slacks Creek, 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

- 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.



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

Montrose is a registered NDIS Provider. We work with many funding options including:

- National Disability Insurance Scheme (NDIS)
- 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

We also provide support in schools for students with a disability through the Department of Education Specialist Disability Support in Schools (SDSS) Program.

ADDITIONAL SERVICES

Our Getaway – Short Stay Accommodation/ Respite

Need a break, want to try new activities or enjoy the independence of spending time with friends? Our Getaway offers it all.

Lifestyle and Leisure

Lifestyle and Leisure is all about you and getting the most out of life. Specially designed for young adults, it's all about getting out, being active and learning new things.

See more on these services at:
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



Montrose
Therapy & Respite Services

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

Level 1, 359 Gympie Road,
KEDRON QLD 4031
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

Kon Tiki Business Centre
Tower 2, Level 3
55 Plaza Parade
MAROOCHYDORE QLD 4558
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

SLACKS CREEK

2/2-8 Springlands Drive
SLACKS CREEK QLD 4127
07 3557 2122