



Allied
Health
Centre

 1300 257 753

 (07) 4155 6240

 hello@cls.org.au

 www.cls.org.au

Day-in-the-life of CLS's Allied Health Centre

It's 7am and Nat (OT) has arrived at Jack's house to see his morning routine. Jack is reliant on his mum to shower, dress and get in his wheelchair so Nat's trying to work out what might be the best way to increase Jack's independence with these tasks.

By 8am Lisa (Admin Support) is opening up the Centre and welcoming several people who have already arrived – some for appointments, some for training and some wanting to know how to get to the Nursery Garden.

Come 10am Sue (Speechie) is out visiting Sophie to check-in on how she's progressing with her new eye gaze technology. Her mum is speechless as Sophie is able to tell her what she wants to eat for morning tea for the first time.

At 11am Sarah (Behaviour Specialist) and Jericho (Resource Officer) are meeting with Brad's team to review his Positive Behaviour Support Plan. It's been 6 months and there's been progress in some areas, but challenges in others so they're trying to figure out a way to move forward.

By 11.30am Muriel and Simona whizz past each other in the hallway and say a quick "hi". Muriel (Physio) is ducking in to grab a piece of equipment. She's on her way to see Mary who has been working on standing transfers - something she hasn't been able to do in years. Lately though she's been making headway and is hopeful that she can master it, which would make it easier for her to get around the house when her husband isn't at home.

Simona (Psychologist), is whizzing in the other direction to a stakeholder session with Perry, his teacher and mum about how recent changes at home have impacted his anxiety at school. She's supporting Perry to describe the breathing strategies he's been practicing to help him cope when things get too much.

Meanwhile Rachael (OT) is talking with suppliers about Matt's alternating air-pressure mattress – it stopped working during the night and he and his team don't have an

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alternative mattress to use while it's repaired so Rachael is trying to secure a short-term solution.

At 12pm there's a brief get together because it's cake day (Why? Because!). Multiple conversations are occurring as 15 or so people come in and out of the room, grabbing cake, complimenting the baker and filling each other in on bits and pieces of their day.

In the afternoon, a visiting orthotics company arrives: they're using the AHC to provide services, meaning the Centre is busier than usual. So Sandy (a Dietitian) is meeting with Viv in the Sensory Garden to discuss how her diet changes are going. Equine therapy is happening so they talk about the horses as they walk past and Sandy calls Joe over from Skills Campus so Viv can ask him some questions about the program.

Kellie (OT) waves as she passes them on her way into the Centre to say hi and grab a few things before heading to a series of home appointments where she'll be helping parent's set-up afternoon and evening routines for their kids. She'll be back in the morning to run Chicken Yoga – which is exactly as it sounds.

Meanwhile Kirsty (OT) is running around the Chicken Therapy Garden with Max and Oslo. Their session is part social skill building, part emotional regulation and all movement as neither particularly likes sitting still.

At 3.30pm Naomi (Behaviour Specialist) exclaims "done!" as she finishes a report for Justin who is in desperate need of suitable housing. Leaving her with 15minutes to gather a large assortment of sensory toys in a mystery box for Hamish who is singing as he meanders along the footpath for his session about feelings.

As they head into their room, Liz (Physio) is coming out of the training room after completing manual handling training. She's been left with a series of questions and follow-ups for various people who receive supports from CLS so she's heading over the Service Delivery team to prioritise and make an action plan.

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At 4.30pm cackling can be heard from the physio room as Jeanette (Allied Health Assistant) finishes up her session with Deb. No one's really sure what happens that's so funny, but every session ends this way.

At 5pm Steve (Resource Officer) is calling Sarah (Behaviour Specialist) to fill her in on Damien who's been hitting his head a lot lately. They think it might be pain related, so they link in Meg (RN) to get some advice on the best way to get an urgent medical appointment and what information the Doctor might need.

5.15pm and Lisa (Admin Support) is finishing off bookings, checking that everyone is happy and smiling at the end of the day and making sure the Centre is all set for tomorrow.

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