



## Life Care Active Reynella & Aldinga Beach Court Fee Schedule CHSP Effective 19 July 2021

The below fees are for clients accessing our services through the Commonwealth Home Support Program (CHSP). Registration is required with My Aged Care.

Allied Health	Initial Consult	Subsequent
Physiotherapy, Exercise Physiology, Podiatry, Occupational Therapy (clinic based)	\$32.00	\$25.00
Allied Health Services (in home)	\$45.00	\$37.00
Personal Trainer Services (in home)		\$25.00

Personal Trainer Led Exercise	Fee
Strength and Balance	\$10.00
Parkinson's Exercise	\$10.00
MS Exercise	\$10.00
Personal Training 1:1	\$20.00
Small Group PT	\$14.00
Life Fit	\$8.00

Refer overleaf for class descriptors including intensity level and focus  
Cancellation fee may be charged if less than 12 hours notice given



Class   Descriptor	Intensity	Focus
<b>MS Exercise:</b> A specialised exercise group for clients with Multiple Sclerosis. Programs are designed and supervised by an Exercise Physiologist and are designed to work towards a client's individual goals. Eligible for NDIS funding.	Individualised	Multiple Sclerosis disease management
<b>Parkinson's:</b> A group exercise class for clients with Parkinson's disease focusing on the key areas affected by the disease process. Led by an Exercise Physiologist.	Individualised	Parkinson's disease management
<b>Strength and Balance:</b> 1) A group exercise class for clients looking to maintain their independence at home. A strong focus on falls prevention, functional strength for activities of daily living, and improving confidence for everyday living. Led by a Physiotherapist or Exercise Physiologist. 2) A higher level balance class led by the Personal Trainer.	1) Low  2) Low - Medium	1) Fall prevention, maintaining independence  2) Fall prevention, maintaining independence
<b>Life Fit:</b> Personal trainer led class in the gym with individualised programs combining cardio with strength, flexibility, balance and agility.	Individualised	Cardio, strength, balance, agility
<b>Drumball:</b> This class gets the heart rate up and challenges coordination by drumming on a fitball! Great way to have fun, make some noise and use gentle movements to music.	Medium	Cardio, coordination, flexibility and fun!

