



Life Care Active Payneham Fee Schedule CHSP Effective 1 July 2023

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 Services	Initial Consult	Subsequent
Physiotherapy, Exercise Physiology, Podiatry, Occupational Therapy (Clinic based)	\$39.50	\$28.50
Physiotherapy, Exercise Physiology, Podiatry, Occupational Therapy (In - home)	\$50.00	\$42.00
Hydrotherapy 1:1 Exercise Physiologist /Physio		\$28.50
Hydrotherapy 1:1 with Allied Health Assistant		\$24.00
Personal Trainer (in-home)		\$33.00
Personal Trainer (in-clinic)		\$24.00
Massage Therapy (clinic based)		1 Hour \$44.00 30 minutes \$28.50

Allied Health Exercise Classes	Fee
Parkinson's, MS Group, NeuroMoves	\$ 15.00
Clinical Matwork	\$ 20.00
10 pack	\$180.00
Clinical Exercise	\$ 15.00
Allied Health Gym	\$ 17.00
Strength & Balance	\$17.00
Hydrotherapy	Group \$17.00

Personal Trainer Exercise Classes	Fee
Strength & Balance	\$ 14.00
Active Moves	\$ 14.00
Fit 'n' Functional	\$ 14.00
Beat Fit	\$ 14.00
Small Group PT	\$ 16.00

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

Class Descriptor	Intensity	Focus
Allied Health Gym: Clients have their own programs designed by a Physiotherapist or Exercise Physiologist, which are completed under their expert guidance. Great for people who want to manage/ rehabilitate injuries under supervision using gym equipment to obtain maximal rate of improvement.	Individualised	Rehabilitation
Clinical Exercise: Individual exercise program supervised by an Exercise Physiologist for clients who require additional monitoring due to medical conditions, such as heart disease, diabetes, cancer or neurological conditions.	Individualised	Chronic disease management with strength and cardio components
Clinical Mat Work: A group exercise session based around 'Pilates principles' led by a Physiotherapist or Exercise Physiologist. Exercise is completed standing and on the floor, and includes a whole body focus towards improving your strength and mobility.	Low - Moderate	Pilates principles to gain flexibility, core stability and manage pain
MS Exercise: A specialised exercise group for clients with Multiple Sclerosis. Programs are designed and supervised by a personal trainer and are designed to work towards a client's individual goals. Eligible for NDIS funding.	Individualised	Multiple Sclerosis disease management
Parkinson's: A group exercise class for clients with Parkinson's disease focusing on the key areas affected by the disease process. Led by a personal trainer.	Individualised	Parkinson's disease management
Strength and Balance: 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 Personal Trainer.	Low - Medium	Fall prevention, maintaining independence
Active Moves: Personal trainer led gym class with a focus on progressing gains in balance and functional strength, often after graduating from Strength and Balance class.	Low to Moderate	Balance, functional strength
Fit and Functional: Personal trainer led class in the gym with a particular focus on progressing gains in balance and functional strength and agility, often as a progression from the Active Moves Class.	Moderate	Progressing balance, agility, functional strength
Beat Fit: Personal trainer led class focussing on cardio, strength and functional balance all to the beat of the music!	Moderate	Cardio, strength and balance
NeuroMoves: Another option for a group exercise class for those clients suffering from a neurological condition, focusing on the key areas affected by the disease process. Led by a personal trainer.	Individualised	Management for Neurological conditions