

# Active Living Program

**Our Active Living Program team helps people stay healthy, safe and living independently.  
Here's a look at the different areas of our program and how we may be able to help you:**

## One-on-One Exercise Physiology consultations

Our accredited Exercise Physiologists will work with you to get a real understanding of your goals and then work out the best way to reach them. We will look at your medical history, current and pre-existing injuries to do this safely. The best option could be working one-on-one with our Exercise Physiologists, joining our small exercise groups or doing an exercise program at home. We will work that out with you! Exercise Physiology uses physical activity and behaviour change strategies to help people with chronic conditions like diabetes, cardiovascular disease, arthritis, osteoporosis, depression, cancer and COPD. These strategies help prevent and manage injuries and limit the impact of age on strength, co-ordination, flexibility, balance, mobility, independence and overall wellbeing. The fees for one-on-one services range from \$18 to \$80 for a comprehensive assessment and \$13 to \$55 for a review. We will discuss any fees and your eligibility for funded services.

## Strength and Conditioning Groups

Our Strength and Conditioning Groups support people to improve and maintain strength, co-ordination, flexibility, mobility, fitness and overall wellbeing. We will do a full assessment and then provide you with a personalised exercise program to complete in a safe and supportive space with the help of our Active Living Program staff.

## Falls and Balance Exercise Groups

Our Falls and Balance Exercise Groups support people who are frail or at higher risk of falling. These groups help you improve mobility and balance to reduce the risk of falling. Our group sessions involve a chair-based warm-up and circuit-based exercises completed in a safe and supportive space with the help of our Active Living staff.

**Group fees:** \$100 for a 10-session pass (\$10 per session) or \$20 per session for a casual class.

## Fee rebate

You may be able to claim a rebate on your fees if you have extra private health insurance. Our experienced Exercise Physiologists are accredited with Exercise and Sports Science Australia. They meet professional development and practice requirements and hold certificates in first aid and cardiopulmonary resuscitation.

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## Type 2 Diabetes Exercise Programs

We welcome 'Group Allied Health Services (items 81110 and 81115) for people with Type 2 Diabetes' referrals under Medicare. This referral entitles people to a one-on-one assessment and eight group exercise sessions with an Exercise Physiologist each year which is claimed through Medicare. After a full assessment you will get a personalised strength exercise program to complete in a safe and supportive group exercise space with the help of our Active Living Program staff. There is no 'out of pocket' cost for you to access our Type 2 Diabetes Exercise Programs with this referral.

## NDIS

If you have an NDIS plan our accredited Exercise Physiologists can help under 'Improved health and wellbeing' and 'Improved daily living' categories. Our experienced Exercise Physiologists can help you build physical capacity to stay more independent and join in the things you enjoy at home, school, work or around your community. You can access our services at a Bendigo Community Health Services site, in your home or another appropriate location such as a community setting.

## My Aged Care

Are you aged 65 or over or identify as Aboriginal or Torres Strait Islander and over 50? You may be eligible to access our Active Living Program through My Aged Care. Our Active Living Program provides some services under the Commonwealth Home Support Program. A My Aged Care referral is needed to access services.

## Home care packages

Our accredited Exercise Physiologists can help you through a Home Care Package. This is co-ordinated through your Home Care Package provider.

## Medicare, DVA and WorkCover

Our Exercise Physiologists are registered to provide services through Medicare, Department of Veteran Affairs (DVA) and WorkCover. A GP referral is needed to access these services.

## Any questions?

Please call us on (03) 5406 1469 if you have any questions so we can answer them. Thanks for supporting us!

