



The UAC Principles of Service

At UAC, we are committed to a person-centred approach.

This means that:

- > you are listened to
- > you are at the centre of decision-making
- > your gifts, skills and strengths are focussed on
- > you and your family members are our partners

UAC Day Therapy - An Invitation

If you are an older person who needs some support to maintain your health and wellbeing, please get in touch with a UAC Day Therapy Centre.

We will work in partnership with you, your family and local community to restore, build on and maintain your health and wellbeing.

You may have a particular reason to get in touch with us, for instance, you are living with Parkinson's. Or you may just be a little hesitant about going out into the community because of a change to your walking or balance.

We will work with your strengths and aspirations to develop a program that helps you meet your goals.

Many of the programs we provide involve social contact and most people enjoy that. However the choice is yours.

You may find it useful to involve other people with your health program. That's often a good motivation to keep going.



Programs

Health promotion, therapy and support within a community setting are the sort of programs you will find at our Day Therapy Centres. These programs are designed to assist you to maximise your independence.

The following services may be available at the Day Therapy Centre in your area:

- > Physiotherapy
- > Podiatry
- > Health promotion
- > Strength training
- > Occupational therapy
- > Speech Pathology
- > Massage

Contact your local centre to find out about their particular programs.

Eligibility

You are eligible to receive Day Therapy services if you are:

- > An older person living in the community
 - > An older people living in low care residential care
 - > A younger person with a disability where no other more appropriate service is available
- You may require a referral from your GP for some programs.

Fees

Fees are subsidised by the Federal Government and small fees are charged in line with the Government's Day Therapy Guidelines. (With subsidies, \$10 is a typical fee for a physiotherapy session, current June 2011).

Talk to the Coordinator if you are in situation of financial hardship as fees can be negotiated.

Day Therapy Centres

Melbourne

Forest Hill Strathdon Community Day Therapy Centre 9 Jolimont Rd	9845 3114
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Hawthorn Elgin Street Therapy Centre 93-95 Elgin St	9815 0155
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Noble Park Noble Park Therapy Centre 1312 Heatherton Rd	9554 0700
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Oakleigh Oakleigh Rehabilitation Programs 68-72 Atherton Rd	9568 0466
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West Preston Lumeah Day Therapy 78 Bruce St	9416 8433
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Uniting Aged Care is an organisation
of the Uniting Church in Australia

For details of all UAC services visit
www.uacvt.org.au

UAC Head Office

Level 6, 130 Little Collins St
Melbourne VIC 3000
9251 5990
unitingagedcare@uacvt.org.au

UAC Regional Offices

Victoria

Central	9853 1900
East	9845 3126
West	5243 9566

Tasmania

North	6341 1400
South	6208 3208

