



AUSTRALIAN  
PHYSIOTHERAPY  
ASSOCIATION



## Physiotherapy and aged care

Australian Physiotherapy Association



Easy English

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
  
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
  
- know what this book is about



- find more information.

We will write contact information at the end of this book.



## About this book

This book is from the  
Australian Physiotherapy Association.



This book is about **physiotherapy** for people in  
**residential aged care**.



Physiotherapy means health care to help your  
body move well.



Residential aged care means a place to live for  
older people who need help with the things they do  
every day.



If you live in residential aged care you can get  
health care from a **physiotherapist**.



Physiotherapist means the person who  
does physiotherapy.

## How physiotherapy can help you



Physiotherapy can help you

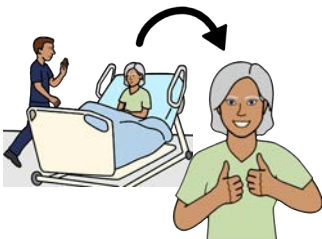
- move more easily



- **not** have falls



- have less pain



- get better after a hospital stay.

Physiotherapists work together with your other health care staff.



For example

- doctors



- nurses



- aged care workers.

Physiotherapists can help with health problems that happen to many older people.

For example



- arthritis



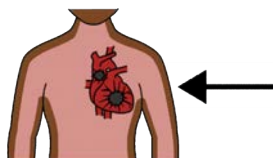
- stroke



- dementia



- problems with your bowel or bladder



- problems with your heart.



Physiotherapists also help do exercise programs for people in residential aged care.

## How a physiotherapist works with you



When you move into residential aged care a physiotherapist can visit you.



The physiotherapist will make a plan so staff can support you to move around safely.



After time the physiotherapist will check on you to find out if

- the plan is working



- there are new things they can help with.



The physiotherapist can also visit you if

- you have a fall



- you have been in hospital.

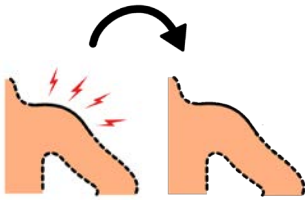


The physiotherapist will check if you need some **treatment**.



Treatment means ways to help you

- move your body



- have less pain.



If you had a fall the physiotherapist can make a plan to help stop you falling again.

## What treatment you can get



Physiotherapists can

- do massage



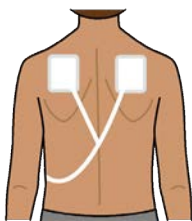
- gently move parts of your body



- help you do exercises



- help you understand pain



- use a **TENS machine**.

A TENS machine works on your skin to help stop pain.



Your physiotherapist will work with you to set goals that you want.





## More information

For more information contact  
the Australian Physiotherapy Association.



Call 1300 306 622



You can get the full information on our website  
[choose.physio/aged-care](http://choose.physio/aged-care)



Email [info@australian.physio](mailto:info@australian.physio)



If you need help to speak or listen use the  
National Relay Service.

Call 1800 555 660



Website  
[communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs)

Give the relay officer the phone number you  
want to call.





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