

MATER HEALTH AND WELLNESS—PRIVATE ALLIED HEALTH SERVICES —QUICK REFERENCE GUIDE FOR GPs

As an extension of the exceptional care provided through Mater's private hospitals, Mater Health and Wellness' specialised team of allied health professionals provides a coordinated approach, ensuring clients of all ages receive individualised assessment and intervention for optimal health and wellness. Mater Health and Wellness staff are recognised providers with private health funds and Medicare. Rebates for services are available where applicable.

GP referrals can be made by faxing the clinic on 07 3010 5745; patients can book with the clinic directly by telephone 07 3163 6000. Referral forms are also available on our website: wellness.mater.org.au.

 PSYCHOLOGY	 MASSAGE THERAPY
<ul style="list-style-type: none"> • Grief and loss • adjustment and management of illness and chronic disease • lifestyle management and weight loss • depression, anxiety and stress management • relationships, parenting issues • antenatal and postnatal support. 	<ul style="list-style-type: none"> • Relaxation and stress relief • remedial, deep tissue • trigger point • swedish • reflexology techniques • pre and post pregnancy.
 PHYSIOTHERAPY	 SPEECH PATHOLOGY
<ul style="list-style-type: none"> • General musculoskeletal problems • osteoporosis management (Better Bones Program) • safe exercise for weight management and post lap band • bladder, bowel and pelvic floor disorders • range of continence problems including bed wetting, day wetting, incontinence and constipation • paediatric sports injury management • clubfoot management and serial casting • baby and toddler developmental assessment and treatment • pre and postnatal physiotherapy including pelvic girdle pain, thoracic and lumbar back pain, carpal tunnel syndrome, rectus diastasis and abdominal laxity • baby developmental handling and infant massage • approved provider—Better Start for Children with a Disability Program. 	<ul style="list-style-type: none"> • Adult and adolescent speech clarity and accent reduction • acquired speech and language disorders • fluency (including stuttering) across all ages • language and literacy issues • children with speech difficulties • late talkers who have difficulty with sentence development • children who have difficulty understanding language or following directions • assessment for school readiness • school age children with difficulty reading • infants and children with difficulty swallowing, feeding • support for autism spectrum disorders • approved provider—Better Start for Children with a Disability and Helping Children with Autism Programs.

 NUTRITION AND DIETETICS	 OCCUPATIONAL THERAPY
<ul style="list-style-type: none"> • Weight management, nutrition coaching • nutritional management pre and post lap band • diabetes management • cardiac disease • gastrointestinal disorders • nutrition and osteoporosis (Better Bones Program) • nutrition during cancer treatment (chemotherapy, radiation, high protein/high energy) • food allergies and intolerances • paediatric failure to thrive and fussy eaters • eating disorders • infant feeding difficulties (including formula choices) • vegetarian and vegan eating patterns • prenatal nutrition • nutrition for pregnancy and breast feeding. 	<ul style="list-style-type: none"> • Hand therapy and splinting • rheumatology • lymphoedema and vascular management • oedema management and compression garments • scar management • coaching for quality of life, health and wellbeing • stress management, relaxation/meditation/mindfulness • pain management • quit smoking programs • adult neurological (cognitive and perceptual) assessment • developmental paediatric assessments around fine motor, play or school readiness • school aged assessments regarding learning, handwriting, planning • support for autism spectrum disorders • support to children with toileting routines • infant massage • approved provider—Better Start for Children with a Disability and Helping Children with Autism Programs.

Mater Health and Wellness is easily accessible by public transport. It is located conveniently adjacent to the Mater Hill Busway.

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- downloading a referral form from our website: wellness.mater.org.au
- faxing Mater Health and Wellness 07 3010 5745
- patients can telephone directly to make appointments on 07 3163 6000.