Life Care Active Payneham Fee Schedule CHSP Effective October 2020

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)	$32.00	$23.00
Physiotherapy, Exercise Physiology, Podiatry, Occupational Therapy (In - home)	$45.00	$37.00
Personal Trainer (In - home)		$20.00
Massage Therapy (Clinic based)		$40.00 - 1 Hour $30.00 - 45 minutes $24.00 - 30 minutes

Allied Health Exercise Classes	Fee
Parkinson's	$ 13.00
MS Group	$ 13.00
Clinical Exercise	$ 13.00
Allied Health Gym	$ 13.00
Clinical Mat work (bundle rate available)	$ 20.00
Clinical Equipment (bundle rate available)	$ 32.00
Strength & Balance	$15.00
Hydrotherapy	$ 15.00 group $ 25.00 individual

Personal TrainerExercise Classes	Fee
Strength & Balance	$ 12.00
Active Moves	$ 12.00
Fit 'n' Functional	$ 12.00
Beat Fit	$ 12.00
Life Fit	$ 10.00
Osteoporosis Bone Building	$12.00
Personal Training 1:1 Small Group PT	$ 20.00 $ 14.00
Gym Circuit	$12.00

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

lifecare active
ACTIVE EVERY DAY

*Fees are effective as of 1 October 2020 and are subject to change | T 8168 7600 | lifecare.org.au

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 Equipment: Pilates based program individually tailored using recognised Pilates equipment, under the supervision and guidance of a Physiotherapist to manage injuries. Spring loaded resistance equipment encourages a gentler form of resistance exercise.	Individualised	Uses Pilates principles to gain core stability, flexibility, strength and manage pain
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 an Exercise Physiologist 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 an Exercise Physiologist.	Individualised	Parkinson's disease management
Strength and Balance: 1) 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 Physiotherapist or Exercise Physiologist. 2) A higher level balance class led by the Personal Trainer.	1) Low 2) Low - Medium	1) Fall prevention, maintaining independence 2) 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
Life Fit: Personal trainer led class in the gym with individualised programs combining cardio with strength, flexibility, balance and agility.	Individualised	Cardio, strength, balance, agility
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
Osteoporosis Bone Building: This Personal Trainer led class incorporates weight bearing aerobic activities, strength training, flexibility and stability exercises to build bone strength and reduce the risk of fracture.	Moderate	Bone building activity
Gym Circuit: A class using different work stations that mix cardio and strength training to improve your overall body conditioning, strength, endurance and fitness! Lots of fun with our Personal Trainer monitoring how hard you should push yourself.	Moderate to High	Overall body conditioning to improve your strength, endurance and cardiorespiratory system.