

adaptive
choice



Our
Services

ALLIED HEALTH

Adaptive Choice offers a wide range of therapeutic services. We work closely with our therapists to improve daily living skills and help clients to lead the best quality of life as healthily and happily as possible.



OUR SERVICES INCLUDE

Speech Therapy

In addition to improving communication skills, we also help clients relate to others. We assist with feeding difficulties and can teach new ways to communicate.

Occupational Therapy

We help with everyday tasks and teach clients new skills or new ways of achieving their goals that ultimately lead to greater confidence and independence.

Behavioural Therapy

Is for both adults and children struggling to manage their emotions and behaviours. We help them understand inappropriate and unsafe behaviour.

Psychology

We ensure our clients are heard, understood and ultimately empowered using best practice tools and strategies, whether it is an illness, condition or disorder.

Exercise physiology

Our physiologists will tailor exercise programs to help clients improve strength and control. They also provide advice and support and help with lifestyle modification.

Art therapy

Our Art Therapists use visual art making, drama, dance and movement to improve physical, mental and emotional well-being.

Our clients get to express feelings that may be difficult to verbalise. This therapy develops healthy coping skills, improves communication and builds confidence.

Counselling

Promotes healing and growth. Our Counsellors assist with anger issues and stress management. They aim to build confidence and self-esteem and improve relationships so that our clients don't have to live with anxiety or fear. Clients learn to set boundaries and live a life as full as possible with a sense of contentment.

Dietetics

Our dietitians are health professionals who understand how to use food and drink to support good health and well-being. We help our clients make better dietary choices. We can assist with diet plans, advice and support regarding 'fussy' eating, healthy grocery shopping, training to read food labels, how to eat for a better mood, how to reduce sugar cravings and much more.

Social Work

Our qualified team of Social Workers provide counselling and support with issues around domestic and family violence, abuse, sexual assault, women's health, sudden unexpected death, bereavement, grief and loss support, palliative care, end-of-life discussions and carer support.



Welfare

Our welfare support workers support our clients with emotional, financial, and/or social difficulties to ensure they have access to needed services. They are supported to achieve and maintain social inclusion to ultimately improve their quality of life.

Music Therapy

Our Music Therapists utilise a range of applications including music technology, improvisation, instrument playing, singing/vocalising, songwriting, music and movement. Use of these applications can result in improved communication (verbal and non-verbal), relaxation, pain and stress management, emotional expression, coping, self-expression, self-esteem, motivation, independence, fine and gross motor and cognitive skills.

Sexual assault

Our experts can provide counselling and information to assist with court support, medical treatment and forensic examination. Sadly, people living with a disability face a much greater risk of violence than people living without a disability, so it is imperative that we manage our clients with awareness and vigilance.

Podiatry

Having healthy feet is vital to the general well-being of people living with a disability. Some of our clients cannot reach, see or feel their feet and the inability to handle routine foot care can result in severe health conditions.

Our team of experts can recommend a treatment plan, carry out routine health checks and treat a range of conditions from calluses, bunions, and athlete's foot, to much more complex issues.

A photograph of a man with short brown hair, smiling warmly at the camera. He is wearing a blue denim button-down shirt and a bright orange apron. He has his arms crossed. The background is a classroom or workshop with a green chalkboard. A large, curved yellow graphic element is overlaid on the right side of the image, partially covering the man's arm and the text below.

GROUP/DAY CENTRE ACTIVITIES

Adaptive Choice has established state-of-the-art group centres. Attending these centres allows our clients to find friends, socialise, learn life skills, have fun and grow.

These centres are vital for their mental health and well-being.

BOYS CLUB

Our Boys Club empowers young males to succeed in school, beyond school and life in general. From personal growth to academic success, we offer programs to help clients reach their full potential.

Activities include:

- Assisting with job seeking
- Bowling, indoor games, beach trips, fishing, sports days, golf days, men's grooming, car shows, boating, etc.
- Mentoring programs
- Independence building
- Companionship
- Skill building



GIRLS CLUB

We have successfully launched a Girls Club. This centre offers a world of possibilities, including social areas, learning spaces, cognitive development and much more.

Activities include attending the in-house cinema, gaming, social games, yoga, exercise, cooking classes, personal hygiene awareness, hair and beauty lessons, building healthy relationships, personal development, dance classes, dinners out, city nights and more.

MEN'S SHED

We recently opened a Men's Shed to:

- Teach new skills to help clients enter the workforce
- Encourage mateship
- Ensure a sense of belonging
- Improve mental health and well-being

COMMUNITY PARTICIPATION

It is important to ensure our clients stay connected in the community and have access to services that are essential for health and mental well-being.

We assist with attending community events, medical appointments, grocery shopping, exercising, visiting family and friends, accessing a library, enjoying a coffee and so much more.

SHORT-TERM ACCOMMODATION AND GETAWAYS

Our short-term accommodation care services offer temporary living arrangements. This includes in-home care, assisted living facilities or rehabilitation centres. Our assisted living facilities offer a variety of social and recreational activities that help maintain a sense of self-worth, vital for overall health and well-being.

TRANSPORT SERVICES

We offer transport to medical appointments, work, places of study and general access to the community to encourage social, economic and daily life activities. We also run day-to-day errands, as required.

HOME MODIFICATION

We collaborate with a network of approved suppliers to modify homes to meet everyday living needs. This includes building ramps, widening doors, installing grab rails, modifying a bathroom or kitchen or possibly automating a home. We understand the importance of independent living and take pride in improving the lifestyle, mobility and safety of our clients.



HOUSEHOLD ASSISTANCE

The team at Adaptive Choice assists with domestic services including home cleaning, dishwashing, laundry and ironing, etc. to maintain a safe, secure, clean and healthy environment for our clients.

PERSONAL CARE

We strive to provide exceptional personal activities to enable the highest independence for our clients.

We assist with daily living supports that are customised and flexible to ensure desired outcomes are met. This includes help with showering, bathing, personal hygiene, grooming, dressing, getting in and out of bed, moving around the home and eating.





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