



How do I access Indigo's services?

Our services are available to people of all ages and abilities. Access to therapy services may be supported through government programs or other sources of funding such as NDIS, My Aged Care, Department of Veterans Affairs, Medicare, private health insurance and community health services. Our friendly team can discuss funding support options with you.

Get in touch

Our services cover the Perth metropolitan area and some country regions.

To find out how we can work with you or to book an appointment:

Phone: 1300 885 886

Email: help@indigosolutions.org.au

Web: www.indigosolutions.org.au

Visit: The Niche, Suite A
11 Aberdare Rd
Nedlands WA 6009

indigo.

Formerly Independent Living Centre WA

Therapy Services

- Occupational Therapy
- Speech Pathology
- Physiotherapy



Registered NDIS Provider





What are allied health therapy services?

Indigo's allied health therapy services include occupational therapy, speech pathology and physiotherapy. Our experienced team has been working with Western Australians to achieve greater independence and inclusion for more than 40 years. We are passionate about working in partnership with you to achieve your goals through tailored solutions.

How can therapy services assist me?

- Our **occupational therapists** can support you to learn or regain skills, as well as recommend assistive technology solutions so you can participate in activities that you want and need to do.
- Our **physiotherapists** can work with you to improve your mobility, balance, strength and endurance so you can do the things you want to do for longer.
- Our **speech pathologists** are experienced in working with the latest assistive technologies and communication devices to support communication, learning, recreation, independence and safety.

Therapy services can help you to:

- Improve your health, safety and wellbeing
- Prepare your own meals
- Move around your home and community
- Manage your own bathing or dressing
- Improve your memory and concentration
- Participate in sports and activities
- Communicate with others and stay connected
- Participate in daily household activities
- Use your computer tablet or phone
- Feel safer and more independent.



Occupational Therapy Checklist

- ✓ Get advice about:
 - Safety devices
 - Staying connected through technology
 - Controlling appliances such as televisions, lights and computers
 - Seating and wheelchairs
 - Home modifications
- ✓ Find a new way of doing daily activities such as personal care, work and hobbies
- ✓ Tips for managing memory loss
- ✓ Ways to reduce pain and fatigue

Physiotherapy Checklist

- ✓ Reduce your risk of falls
- ✓ Get advice on mobility aids
- ✓ Move in a way that reduces pain
- ✓ Do the things you want to do for longer
- ✓ Build strength, improve balance
- ✓ Learn how to create a safer home environment
- ✓ Learn falls prevention strategies

Speech Pathology Checklist

- ✓ Explore ways to communicate
- ✓ Get advice about:
 - Augmentative and Alternative Communication (AAC) options
 - Alternative methods of access to AAC such as eye gaze and switching
 - Apps, software and gadgets to support literacy
 - Voice amplifiers and alternative keyboard and mouse options.