



RCH Aquatic Physiotherapy

NDIS Information Pack

Physiotherapy Department



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About Us

Aquatic Physiotherapy

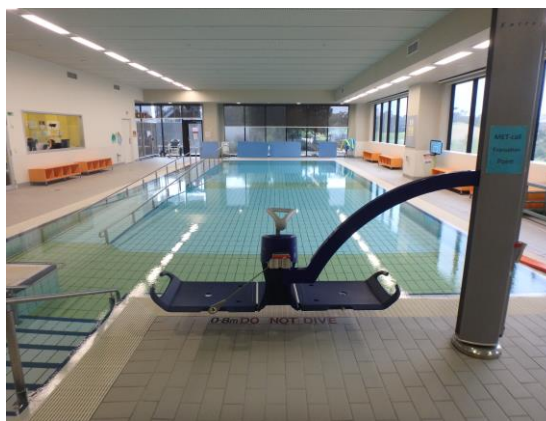
Aquatic physiotherapy uses a water environment (pool) to help children exercise, stretch and strengthen their body and improve their function. The water can make it easier for children to do some exercises and movements than it is outside of the water. This can mean that children are able to make significant improvements in their strength and function which can then help them with activities when they are going about their daily lives.

An aquatic physiotherapy pool is also warmer than a regular swimming pool. This warm water helps loosen muscles and joints, relieve pain, and ensures patients do not get too cold during their physiotherapy session.

The Pool

The RCH has a purpose-built aquatic physiotherapy pool. The pool is approximately 5 metres by 14 metres in size with depth ranging from 0.8 metres to 1.4 metres. Being an aquatic physiotherapy pool the water temperature of our pool is kept at 33-34 degrees, which is warmer than a local swimming pool which will usually be 26-29 degrees.

Patients can access our pool via a ramp (walking or water wheelchair), stairs or a hoist. This means that we are able to safely help patients enter and exit the pool with all levels of walking ability.



Our pool is maintained within strict chemical and infection control limits. As well as ensuring our pool is safe to use and within government regulations through pool testing four times daily, we also undertake an additional clean of the pool area twice weekly so we can hold aquatic physiotherapy sessions specifically for children who have compromised immune systems.

Staffing for Aquatic Physiotherapy

The Aquatic Physiotherapy Service at RCH is managed through the Physiotherapy Department, which is made up of physiotherapists and allied health assistants who are specialised in working with children.

All aquatic physiotherapy sessions are run with at least two staff members present who are both trained and certified annually in pool rescue and basic life support. One staff member will be in the water with the child, and the second staff member remains

outside the pool. Some children may require additional staff to be present to ensure the child can safely complete their aquatic physiotherapy session.

NDIS Service

In 2020 the RCH Physiotherapy Department launched an NDIS service for aquatic physiotherapy. This means that children who have an NDIS plan and wish to use some of their physiotherapy funding for aquatic physiotherapy can choose to access this service at RCH.

Eligibility

To access Aquatic Physiotherapy at RCH via NDIS the eligibility requirements are:

- Aged 0 to 18 years;
- Current NDIS plan with funds available for physiotherapy and goals that are suitable to work on with aquatic physiotherapy;
- Ongoing involvement with a physiotherapist who is providing therapy outside the pool;
- Completion of medical clearance form which indicates that aquatic physiotherapy can be completed safely.

Frequency and Duration of Treatment

To ensure that sufficient progress can be made towards goals with aquatic physiotherapy we generally recommend blocks weekly aquatic physiotherapy sessions for between 4 and 8 weeks. Requests for different frequencies and durations of aquatic physiotherapy sessions are considered on an individual basis.

A land-based assessment may be needed at the beginning and end of your aquatic physiotherapy block of treatment to determine an appropriate aquatic physiotherapy treatment program and to assess progress and outcomes of the treatment block.

Billing

Billing for NDIS sessions is processed after each treatment session. This will usually include charges for both the therapist in the water and the allied health assistant who is required to be outside the pool. Some patients required additional staff to be present to ensure the treatment can be carried out safely. If this is the case the need for additional staff will be discussed with you and written into your service agreement. There may be times when additional billing is required for report writing or other tasks.

A standard 45-minute aquatic physiotherapy session currently costs \$236.11 and a standard 30-minute aquatic physiotherapy session currently costs \$173.57. These session costs cover the physiotherapist charge to cover the treatment session time plus an additional 15 minutes (for note writing, equipment set-up and pack-up, and therapist showering and changing), as well as the allied health assistant charge to cover the treatment session time.

All billing information and treatment costs are outlined in the Service Agreement which is completed with you before starting NDIS Aquatic Physiotherapy.

Referrals and Medical Clearance

To access NDIS aquatic physiotherapy we require our referral form to be completed by a physiotherapist or doctor. This referral form can be accessed via our website.

The referral form includes a medical clearance section that needs to be completed for us to determine safety for the child to undertake aquatic physiotherapy and to ensure all required precautions are put in place. In some instances we may request clarification of some medical aspects with the consultant/specialist managing this part of the child's health. Further information regarding the impact of aquatic physiotherapy on medical conditions can be accessed by the health professional completing the medical clearance via our website.

Process to Access NDIS Aquatic Physiotherapy at RCH

Step 1 – A referral must be completed by your child's physiotherapist or doctor and sent in to RCH

Step 2 – The referral reviewed by RCH physiotherapy team and further information requested if needed

Step 3 – RCH physiotherapy team will make contact with you to clarify any further questions and obtain additional information. If you happy to do so, we will ask you to provide us with a copy of your child's current NDIS plan and also provide consent for NDIS to provide information to us regarding your child's NDIS plan.

Step 4 – A service agreement drawn up and signed by your child's representative and a RCH representative

Step 5 – We will book your child in for their aquatic appointments (note that at times there may be a waiting list for appointment)

Contact Details

If you have any questions regarding our aquatic physiotherapy service please feel free to contact us on (03) 9345 9399 or aquatic.physiotherapy@rch.org.au.

If we are unable to answer your call at the time please leave a message on our voicemail and we will return you call as soon as possible.

If you would like to know more about how we may collect and use your (or your child's) personal information please refer to "The privacy of your personal information" brochure available on the RCH website at <https://www.rch.org.au/health-information-services/Privacy/>.

If you would like the support of an interpreter please let us know so we can arrange this for you.