

# Service Finder:

At LiveBetter, we have a wide range of services at different locations to assist you and help you live better. We are always seeking out new ways to best serve you or your loved ones, and we believe in providing a quality service to ensure the best outcome for you.

Currently, each location slightly differs in the services they provide, so simply find your location below, select which service you require and give us a call so we can explain the next steps in getting you on track

# Allied Health Services

	Community / Child Health Nurse	Podiatrist	Speech Pathologist	Occupational Therapist	Physiotherapist	Dietitian / Nutritionist	Alcohol & Drugs Counselor	Exercise Physiologist	Diabetes Educator
Biloela		✓				✓		✓	✓
Blackwater		✓		✓		✓			
Central Highlands				✓					
Emerald		✓	✓	✓	✓	✓	✓	✓	✓
Gemfields		✓		✓					
Moura						✓		✓	
Mt Morgan						✓		✓	
Rockhampton						✓			
Rolleston	✓			✓					
Springsure		✓		✓					
Theodore						✓		✓	
Gracemere						✓			
Woorabinda						✓			
Wowan						✓			
Gladstone		✓							

Program wise, the Diabetes Educator and our GP also deliver a diabetes clinic in Emerald. The Exercise Physiologist in Biloela also delivers a series of cardiac rehabilitation programs each year.

- 1800 580 580
- clinicalservices@livebetter.org.au
- qld.livebetter.org.au

LiveBetter acknowledges the funding and support provided by the State Government.

LiveBetter was formed in 2017 from a group of like-minded organisations including CareWest, Excelcare, Age Concern, Family Link, There4U, Broken Hill HACC and Disability Services, and Translinc.





## What do we do?

### LiveBetter offer a full compliment of allied health services across the Central Queensland region.

LiveBetter delivers a cohesive and multi-skilled allied health service to our community. The majority of our services are provided to our clients for no cost through Federally funded programs, however we also offer fee-for-service consultations for those patients who do not meet the funded program requirements.

At LiveBetter, we have a wide range of services at different locations to assist you and help you live better. Currently, each location slightly differs in the services they provide. See the Service Guide Table to view available services near you.

#### o Occupational Therapy

- Our Occupational Therapist works with children, adults and older persons across a variety of areas

#### o Physiotherapist

Our Physiotherapist uses advanced techniques to assess, diagnose, treat and prevent a wide range of health conditions which include;

- Muscle damage
- Mobility
- Stiffness and pain
- Rehabilitation

#### o Speech Pathology

Our Speech Pathologist studies, diagnoses and treats those within the community who suffer from communication disorders. The services included are to assist with;

- Speech
- Reading
- Listening
- Writing

#### o Mental Health

Our Mental Health Clinicians provide support for

- Anxiety, depression
- Alcohol and other drug issues
- Grief and loss
- Adults/Child and Youth
- Domestic violence
- Trauma
- Stress/anger management strategies
- General mental health and wellbeing concerns

#### o Diabetes Clinic & Education

We provide Diabetes Education to individuals with pre-Diabetes, Gestational Diabetes, Type 1 Diabetes, Type 2 Diabetes

- Education and daily self-management of Diabetes mellitus
- Instruction in the use of a glucometer
- Registration with the National Diabetes Supply Scheme (NDSS)
- Education for insulin therapy
- Education on insulin pumps
- Carbohydrate counting
- Literature and education material

#### o Podiatry

Our Podiatrist educates and assists in the prevention, diagnosis, treatment and rehabilitation of medical and surgical conditions affecting the feet and lower limbs by providing.

- Preventative foot care
- Nail surgery
- Diabetic foot health assessments
- Foot assessments and pain management for conditions such as gout, arthritis, heel spurs and plantar fasciitis.
- Biomechanical assessment and orthotic intervention
- Paediatric assessment and management

#### o Nutrition/Dietetics

Our Dietitian-Nutritionist works across the age continuum from babies to the elderly to provide one-on-one and group nutritional information and education.

#### o Exercise Physiology

Our Exercise Physiologists design, deliver and evaluate safe and effective exercise interventions for people with chronic medical conditions, injuries or disabilities. Can assist with prevention and management of a wide range of conditions which include:

- cardiovascular
- metabolic
- neurological
- musculoskeletal
- cancers
- kidney
- respiratory / pulmonary
- mental health
- any other conditions for which there is evidence that exercise can improve a client's clinical status.

