

Allied Health Therapies

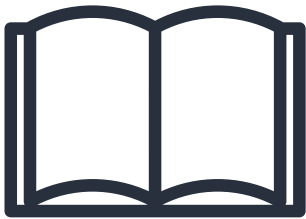


Easy English

About this book



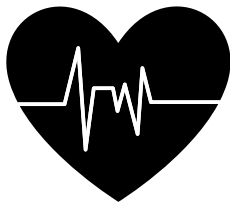
You can ask someone to help you with this book.



Some words are **blue** in this guide. To find out what this word means, go to page 9.

What are Allied Health Therapies?

Allied health therapies are a group of services that can help you:



- Be healthier



- Communicate



- Reach your goals

Allied Health Therapists

The people who work in allied health therapies:



- Have had special [training](#)

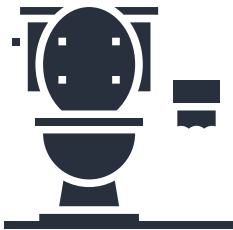
Minda's therapists can help with things like:



- Learning to ride a bike



- Catching the bus

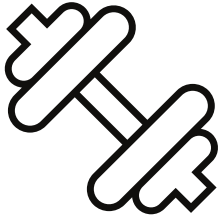


- Toileting



- Cooking food

Minda's therapists can help with things like:



- Keeping fit



- Mental health



- Getting stronger by doing exercises in the pool

Appointments

Our allied health therapists can:



- See you at your house



- Talk to you by video or phone call



Or you can come to Minda Brighton or Elizabeth.

Next steps



To get support you must have an NDIS plan.



Minda can help you with this.



Contact Minda to find out more.

Contact us

You can contact Minda by:



Phone: 1800 164 632



Email: hello@minda.asn.au

What do these words mean?

Training

learning skills to do a job

Mental health

our emotions: how we feel and act

Appointments

to meet someone at a time and place



mindainc.com.au

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