



Promoting wellness at home and in the community

About Us

PHSA is a privately owned Australian company providing allied health services across varying schemes throughout Australia (e.g. Lifetime Care and Support; NDIS; Insurance NSW and Comcare)

Our Program

Prestige Health Services Australia (PHSA) have developed the Active Wellbeing Program to provide individuals with psychological or physical injury / illness with the necessary tools to promote wellbeing at home and in the community.

Prestige Health Services Australia (PHSA) will work with you, your GP and treating health professionals to develop a 'Wellness Action Plan' tailored to your wants and needs in order to achieve your identified health, social and community goals.

Our Team

Prestige Health Services Australia only utilise experienced allied health professionals with an average of 12 years' experience.

Dependent on your needs you will be allocated an experienced **Wellbeing Specialist** with an allied health qualification (Social Worker; Psychologist; Rehabilitation Counsellor; Nurse; Exercise Physiologist; Dietician / Nutritionist or Occupational Therapist).

What to Expect

1

Our Wellbeing Specialist will meet with you to undertake a Wellbeing Assessment. This will include conversation around your current treatment, activities undertaken at home and in the community. This assessment will help us best understand the impact of your injury / illness on your life and how we can support you to improve your Wellbeing at home and in the community.

2

Our Wellbeing Specialist will work with you to develop a Wellbeing Plan where we work together on health, social and community goals important to you.

3

Our Wellbeing Specialist will ensure we communicate and collaborate with your GP and treating health professionals to ensure our goals are in line with your treatment regime.

4

We will work alongside you and your treating health professionals to achieve your nominated goals (e.g. to participate in an Exercise Program to increase my physical and mental health)

5

Through the delivery of our Active Wellbeing Program our objective is to support you to increase your independence and overall wellbeing at home and in the community.