



Wellbeing

Wellbeing in your community

At every Australian Unity community, you'll find more than just accommodation. Ours is a holistic approach to health, lifestyle and care services, with a consistent focus on providing services that enhance the wellbeing of our residents. At Drummond Place, wellbeing programs and facilities are complemented by outdoor exercise options like Carlton Baths, Exhibition Gardens and Princes Park. Maintenance of your physical and mental health is an important part of continuing to live independently. You can work out in the gym at Drummond Place or participate in an organised class. Residents help to decide the program of activities, which includes:

- Long walks in the area
- Line dancing
- Petanque
- Balance retraining sessions
- Drawing & sketching class
- Book Club
- Movie group
- Gym strength training
- Gentle chair exercise
- Bridge Club
- Arts & Crafts group
- Social gathering in the lounge
- Dining out group

Wellbeing just across the park

For more specialised treatments, Remedy Healthcare - Rathdowne Place provides a full complement of health assessment, rehabilitation and physio services, located directly opposite Drummond Place. Run by wellness specialists, it offers a state of the art hydrotherapy pool, Pilates equipment and massage. An active approach to the management of all conditions is crucial to help people feel better and stay well. Individualised exercise programs will be developed by experienced physiotherapists. Residents at Drummond Place are entitled to VIP rates for services including:

Hydrotherapy. Therapeutic exercise and treatment in our purpose built pool heated to 34°C. The properties of water provide soothing warmth, relaxation, support and reduced impact on joints while still allowing for a vigorous workout to improve strength and fitness with minimal discomfort.

Physiotherapy. Services for the prevention and treatment of musculoskeletal, neurological, cardio-pulmonary and chronic medical conditions may include traditional “hands on” physiotherapy complimented by exercise options in our modern gym. Full rehabilitation services are also available at Remedy Healthcare – Rathdowne Place.

Physio gym exercise sessions. Individual or group sessions are suitable for people of all ages and abilities to improve strength and fitness in our well-equipped light filled gym. These physiotherapist supervised sessions are a fun and cost effective way to achieve your physical goals.

Massage therapy. Relaxation and remedial massage are great ways to assist the recovery process, relieve muscle aches and pains, improve flexibility and keep you feeling well. Our massage therapists are experienced in providing these wonderful benefits for people of all ages and abilities.

Steady steppers balance retraining. Our “Steady Steppers” balance retraining sessions are an evidence based exercise and educational program designed to keep participants mobile and prevent them from falling. Individuals benefiting from the Steady Steppers program are those with any form of balance disturbance – post stroke, Parkinson’s disease, vertigo, post lower limb surgery, joint replacement or trauma or generalised loss of balance with advancing years.

Pilates. Clinical Pilates is an exercise based treatment modality with a focus on core and stability muscle training. It has been clinically proven to help with rehabilitation and can assist with management of chronic conditions. It is safe for participants of all ages. Programs are tailored to meet individual needs using both mat and reformer based exercises. Individual and small group classes are fully supervised by our experienced physiotherapists.

Drummond Place residents attract a VIP discount

Service	Type	Fee	VIP discount*
	Initial gym assessment		\$75 - welcome voucher
Physiotherapy and Hydrotherapy	Initial assessment	\$110	\$85
	Individual follow up	\$90	\$75
	Small group Pilates and Steady Steppers	\$50	\$45
	Group hydrotherapy	\$38.50	\$34
	Group gym	\$36	\$20 or 10 for \$150
	Long consultation / home visit	\$140	\$120
Massage	60 min initial appointment	\$100	\$90
	45 min appointment	\$85	\$80
	30 min appointment	\$70	\$65

For further information or bookings call 9240 7090 or rathdowneplace@remedyhealthcare.com.au



*The VIP rates listed are for Drummond Place residents only.