

COMMUNITY SERVICES

PHYSIOTHERAPY SERVICES

Public access physiotherapy services may be accessed through your local health authority. Your GP can make a referral to the physiotherapy department for you.

Your physiotherapist will assess your movement abilities and make recommendations to help you maintain and restore maximum movement and functional ability. Specific exercises may be recommended to improve your physical fitness. Physiotherapy aids and appliances (e.g. walking frames, rollators, bed supports), exercise aids (e.g. exercise bicycles, pedal exercisers) and breathing aids (spirometers) may be prescribed to assist your mobility and breathing function.

PUBLIC HEALTH NURSE

Public Health Nurse visits can be organised through your local health authority (see section on Local Health Authority Offices). Ask your GP for a referral.

HOME HELP / HOME CARE SERVICES

Home help assistance can be organised through your local health authority (see section on Local Health Authority Offices).

An initial assessment of your home will be carried out to determine what activities you may need assistance with. Some of the cleaning duties which may be carried out by a home care worker include: general cleaning, ironing, making beds, vacuuming. Some home care workers also assist patients with washing, dressing, and food preparation. Some duties may not be included for insurance purposes. Suitable day(s), time(s), duties, and a start date will be decided by you and your home care worker once you get approval for home help services. You may be asked to make a small weekly contribution to the home care services.

