

One Culture Central Coast Allied Health Assistance



Meet our Therapists



James

Three words to describe himself:

Enthusiastic, fun and kind

Hobbies:

Anything movement based, Dirt Bike Racing, Rugby League, Researching and Netflix

Languages Spoken:

English

Favourite Quote:

'You never know until you try!'



Mel

Three words to describe herself:

Positive, compassionate and driven

Hobbies:

Running, swimming at the beach and exploring local bushwalks

Languages Spoken:

English with a Kiwi accent

Favourite quote:

'What's the best that could happen'



Isaiah

Three words to describe himself:

Exciting, relatable and patient

Hobbies:

Video games, basketball, exercising at the gym and hanging out with friends

Languages spoken:

English, limited Auslan

Favourite quote:

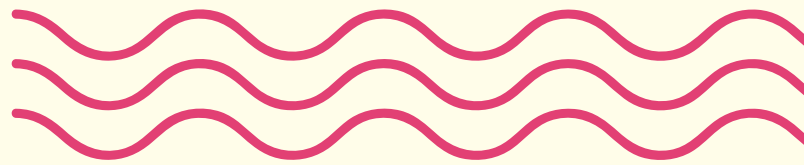
'The greatest mistake you can make is continuously fearing you'll make one'

You will be attending Allied Health Assistance at...

Alta Athletic

3/13 Pioneer Avenue, Tuggerah

There are two assigned car spaces directly out the front of Alta Athletic.



Here are some pictures of the location



Or at a Planet Fitness...



← **West Gosford**
356 Manns Rd

Tuggerah
Home.Co, Level 2, Bryant Dr



← **Lakehaven**
Shop T1/53 Lake Haven Dr

Here is some of the equipment we will be using



Kettlebell weight



Gym ball



Soft mat



Foam Roller

What other equipment do you like to use?

Let James, Mel and Isaiah know!

What your Allied Health Assistance session might look like



Arriving at the session

When I arrive I might have to wait for the Allied Health Assistant to finish a session. So I wait in the foyer until they come over to greet me.



The Assessment

They ask me to move different body parts to see how I'm doing. It's like a fun game!



Exercises and Activities:

I do exercises with their help. They might use cool equipment like bands or soft balls.



Doing My Best:

I try my best, but it's okay if it's hard. They make it easier if needed and support me.



Homework:

Sometimes, they give me exercises to do at home to get even stronger.

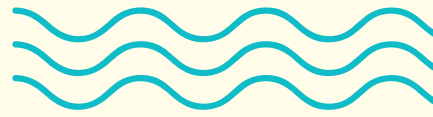


Saying Goodbye

We say goodbye, and I might get a high-five. I'm doing great and getting stronger every day!

Your session will last for 1 hour

Allied Health Rules



3 rules for your session

1

Try Your Best: Your therapist will give you exercises and activities to do. Try your best, but don't worry if something is hard. They understand, and they can make things easier if you need it.

2

Listen: When your therapist shows you what to do, listen carefully and follow their instructions. They are there to help you get stronger and feel better.

3

Ask Questions: It's okay to ask questions if something is unclear or if you're curious about what's happening. Your therapist is happy to explain things to you.

With these rules in mind, you'll have a great Allied Health appointment and work towards becoming even stronger and healthier.

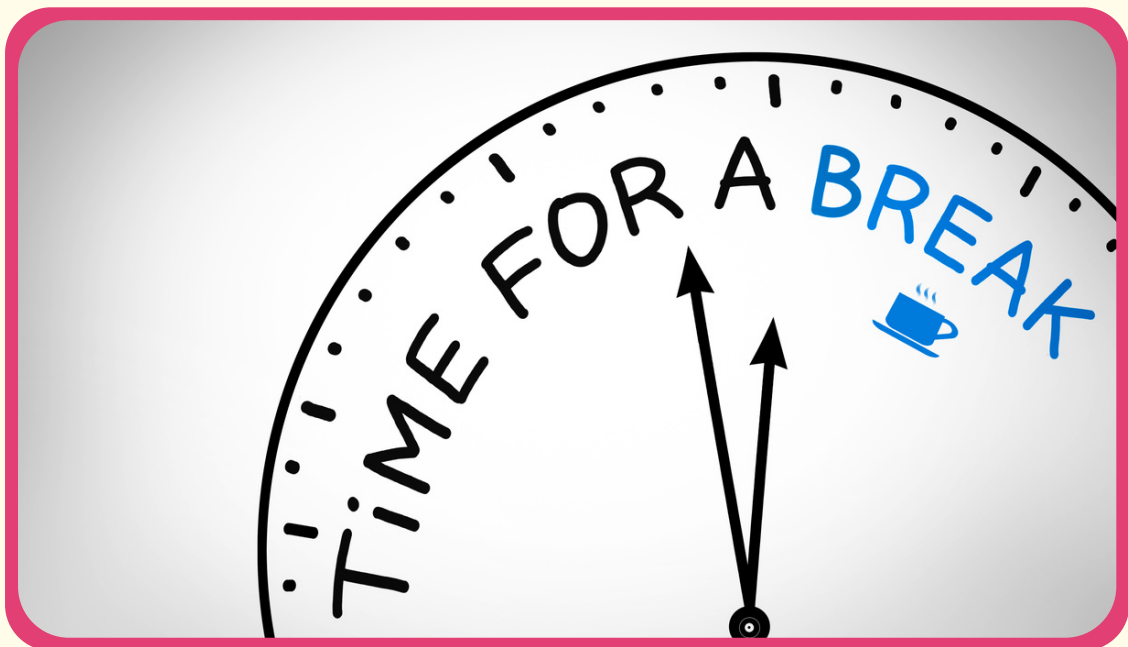
You're doing great!

Break



If you need a break, you can ask your therapist and tell them what you need.

Make sure if you need a break that you stay where your therapist can see you.



Thank you



Thank you for taking the time to read through our Social Story.

If you have any feedback, recommendations, questions, or comments please email us at the address listed at the bottom of the page.

We can't wait to see you at One Culture Allied Health Assistance Program !



Phone: 08 7080 3894

Email: nsw@oneculturegroup.org

