

Centre Opening Times

Monday to Friday 9:00am – 4:00pm

To make an appointment:

Phone: 6424 7443

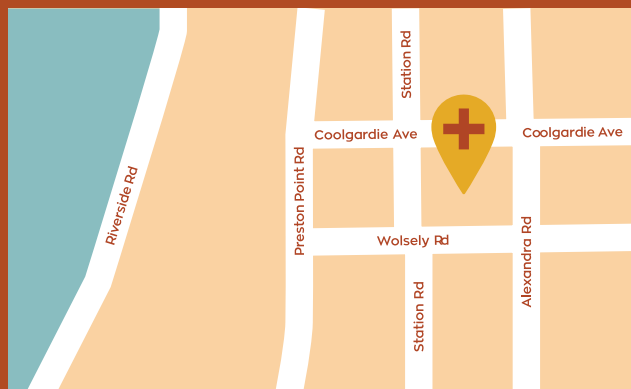
Email: hw@southernplus.org.au

Location

15 Wolsely Road, East Fremantle

Access from Alexandra Road

Free parking available in the lower car park



Southern Cross Care⁺ (WA) Inc. ABN: 55 046 572 944

Southern Plus is a trademark of Southern Cross Care (WA) Inc., a not for profit organisation delivering aged care services to West Australians for over 50 years.

Information correct as at 1 December 2020. Terms and conditions apply. Refer to your residential agreement for further information.

Current programs available

To view the Health & Wellness Centre group exercise class timetable, visit our website or speak to our team on 6424 7443.

AquaFit

\$15 per class

AquaFit is a fun, low impact class designed for seniors. With easy to follow moves using equipment to improve cardiovascular, range of movement and coordination, it is suitable for all levels. This class will leave you feeling empowered and alive.

Aquabalance

\$15 per class

Aquabalance is a unique water therapy experience that adapts principles from Pilates, Qi Gong, Dance, and Yoga. Relieving stress and muscular tension, the session incorporates restorative breathing techniques with prescriptive movements and exercises. This class is suitable for improving balance basics, exercise tolerance post-operation and joint related issues.

Functional Fit

\$15 per class

This class focuses on all elements of fitness: Cardiovascular, muscle conditioning, flexibility and balance. The exercises are designed to develop your muscles to make it easier and safer to perform everyday activities. This class is suitable for those who want to stay active.



Tai Chi for Arthritis

\$15 per class

This arthritis specific Tai Chi program contains all the essential principles of Tai Chi. It is short and easy-to-learn. Tai Chi for Arthritis helps arthritis by improving muscular strength, flexibility and fitness.

Strength for Life

From \$10-\$15 per session

Strength for Life (Previously Living Longer Living Stronger) is a low cost, strength training and exercise program designed to keep over 50's strong, active and fit. The exercise programs are tailored to improve balance, cardiovascular fitness, muscle strength and overall wellbeing.

Staying Strong

\$20 per class

This is a group based class dedicated for people with complex health conditions who require a higher degree of support and assistance. This class will increase your confidence and independence with daily activities.

Southern Plus⁺

East Fremantle

Health & Wellness Centre

Southern Plus East Fremantle Health & Wellness Centre

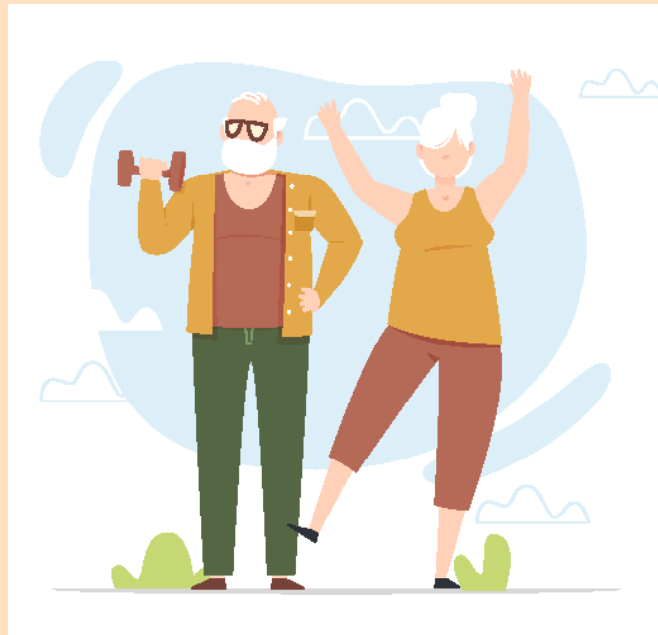


Southern Plus East Fremantle Health & Wellness Centre

Southern Plus Health and Wellness Centre is a state-of-the-art facility specifically designed for seniors. Led by a team of dedicated allied health professionals including physiotherapists, exercise physiologists, occupational therapists and exercise instructors, the centre offers group fitness classes and one-on-one sessions to help clients to achieve their health goals and live life in full.

Developed in partnership with Edith Cowan University's School of Medical and Health Sciences, the variety of allied health services and programs at the Health & Wellness Centre specialise in restoration, chronic pain rehabilitation and management.

Services available focus on improving the health of clients, our offerings are tailored to treating complex health conditions including chronic pain, orthopaedics, Alzheimer's and cancer. Our specialised team of allied health professionals tailor the services to meet your individual needs and optimise your health goals. At Southern Plus Health & Wellness Centre, you can expect a high level of client care, support and safety.



10 benefits of working with Exercise Physiologists and Physiotherapists

1. Use exercise to treat chronic conditions
2. Prevent, treat and manage a range of complex health conditions
3. Manage and improve health of a medical condition
4. Accelerate recovery from pain and injury
5. Prescribe specific exercises customized for you
6. Provide tools & strategies to independently manage your health
7. Reduce the risk of developing a medical health condition
8. Prescribe pain management techniques
9. Improve your medical wellbeing
10. Provide guidance to make lifestyle and behavioural changes and behavioural changes



Types of services

Services at the Health & Wellness Centre take place in the private heated hydrotherapy pool and fully-equipped exercise clinic.

One to one: our qualified team will work with you to gather information about your current health, understand your goals, and work out how we can optimise your desired health outcomes.

Group: depending on your goals, our range of supervised group exercise programs offer an enjoyable way to exercise and achieve your health goals.

Payment options

Private Services

Many of our clients choose to pay privately for services and then claim therapy services through their private health insurance provider. Our fitness and wellness group programs are affordably priced, with many clients attending as a private customer.

Subsidised Options

Private health insurance

You will be able to use funds from your insurance policy to cover costs for services delivered by the team.

Medicare

Your GP may be able to refer you to our services on a Chronic Disease Management Plan. This will provide up to five no out of pocket visits for the therapy services advised by your GP. Therapy staff will work together with your GP, to achieve common goals relating to your health.

Department of Veteran Affairs

DVA white and gold card holders may be eligible for partially or fully subsidised services either periodically or ongoing.

My Aged Care - Commonwealth funded support for seniors

Services at the H+WC may be partially or fully funded by the government via a Commonwealth Home Support Program or a Home Care Package with any provider.

Speak to our team to find out more about payment options the Health & Wellness Centre, from insurance service codes, to eligibility for DVA subsidies