

# Aligned

allied health

Holistic Health Hub for All Physical + Psychological Needs

## OT SERVICES:

UPPER LIMB  
BEHAVIOUR SUPPORT  
SENSORY REGULATION  
LYMPHODEMA MASSAGE  
COGNITION  
PARENTING SUPPORT  
HOME + AIDS+ MODS  
AGED CARE  
PAEDIATRIC MILESTONES  
+ MORE

## REPORTING:

FUNCTIONAL REPORT  
NDIS ENTRY REPORT  
MEDICOLEGAL REPORT  
HOME MODS REPORT  
EQUIPMENT REPORT  
SENSORY REPORT  
SAFETY ASSESSMENT  
+ MORE

## DIETICIAN:

IBS SUPPORT  
GUT HEALTH  
WEIGHT LOSS  
FEEDING SUPPORT  
WOMEN'S HEALTH  
SUPPLEMENT ADVICE  
+ MORE

## MENTAL HEALTH OT SERVICES:

EMOTIONAL REG  
SENSORY REG  
PSYCHOEDUCATION  
MINDFULNESS  
SCHOOL-BASED SUPPORT  
FAMILY THERAPY  
+ MORE

## COUNSELLING / PSYCHOTHERAPY:

COUPLES COUNSELLING  
INTERPERSONAL SUPPORT  
SELF ESTEEM  
SELF CONCEPT  
LIFE PATH IDENTIFICATION  
GOAL SETTING  
+ MORE

## EXERCISE PHYSIOLOGY:

WOMENS HEALTH  
MENS SPHINCTER  
STRENGTH PROGRAMS  
PELVIC FLOOR  
FALLS + BALANCE  
PRE + POST NATAL  
+ MORE



0419 899 922

[admin@alignedalliedhealth.com.au](mailto:admin@alignedalliedhealth.com.au)

[www.alignedalliedhealth.com.au](http://www.alignedalliedhealth.com.au)