

Everyday Independence Supporting People living with a Disability in the Gold Coast and the Gold Coast Hinterlands

For more than 20 years Everyday Independence has provided therapy services to people living with a disability to support them to live to their full potential and enjoy an everyday life. We provide occupational therapy, physiotherapy, and speech pathology for people of all ages and needs including early childhood. We are unique in our ability to support people at every life stage and during those important transition periods in a person's life. Our team therapy approach means that if you need more than one therapy type your occupational therapist, speech pathologist and physiotherapist will work together to support you to achieve personalised and meaningful outcomes. Our therapists will support you by getting to know you and the people in your life and building on your strengths to achieve the outcomes that are important to you. We come to you and visit you in your home, workplace, school, or other places within the community.

We are a registered NDIS provider and if you are looking for occupational therapy, physiotherapy or speech pathology on the Gold Coast or other assistive health care services, Everyday Independence is here to help.

Occupational therapy in the Gold Coast

Occupational therapy supports you to do the things you want to do in your daily life. Our occupational therapists in the Gold Coast work with you to find ways for you to do tasks more easily and build your independence. We can also support your family members or others in your support network with the tools or skills they need to assist you with your activities. This can include activities at home with cooking, self-care, enjoying time with friends and family, getting out and about, driving, and participating in study or work.

Physiotherapy in the Gold Coast

Our physiotherapists in the Gold Coast use evidence-based techniques to improve a person's health and wellbeing. You can benefit from physiotherapy particularly if you have a goal that could be achieved by overcoming some strength or mobility challenges. Depending on your goals and your unique situation our physiotherapist will work with you on a range of therapy initiatives to assist you with strength, movement, and flexibility. These could include:

- Assisting you to improve your balance, movement of legs or arms, muscle strength and fitness. These improvements may help you to walk more steadily, walk without an aid such as a walking stick, ride a bike, walk up and down stairs or run after your children.
- Helping you choose the right walking or standing aid to support your individual needs from walking long distances to standing to stretch tight muscles.

Speech Pathology in the Gold Coast

Speech pathologists study, diagnose and treat communication disorders, including difficulties with speech, language, fluency, and voice. Our speech pathologists in the Gold Coast work with people who have difficulty communicating because of developmental delays, stroke, brain injuries, learning disability, intellectual disability, cerebral palsy, dementia, and hearing loss, as well as other difficulties that can affect speech and language. People who experience difficulties swallowing food and drink safely can also be helped by a speech pathologist.

How we can help you

Our therapists on the Gold Coast will work with you by beginning with assessing what you can do at the moment and discovering what your potential could be if you have the right supports. We then work with you to set your goals of what is important to you and break those goals down into manageable steps to achieve over time.

We offer in-room appointments at our therapy hub located at 206 Currumburra Road, Ashmore. We have appointments available for all our services across all age groups and can provide services for early childhood through to adults.

To find out more about our services or to make an enquiry, visit our website www.everydayind.com.au or call a member of our team on 1300 179 131.

Contacts

Everyday Independence
1300 179 131
mailto: mytherapy@everydayind.com.au