

Simply Stronger Exercise Physiology - NDIS Service Information

Simply Stronger’s accredited exercise physiologists offer 1:1 exercise prescription and delivery for NDIS clients in a variety of locations based on the individual needs. These sessions can be completed on site at 1442 Malvern Road, Glen Iris, in Simply Stronger’s Studio (stair access) or within the attached gym space (step access required). We also support clients within their own environments be that at their home, day centre, supported accommodation, or local gym/pool.

Initial Assessment (60mins):

As part of an exercise physiology initial consultation, we will speak to the client about medical and physical activity history and relevant goals. In addition we may undertake some movement based assessments and/or exercise tests, which will be manageable in any comfortable clothing.

Subsequent Sessions (60 or 30mins):

Subsequent sessions can be modified to 30mins for client’s who are unable to tolerate a 60min session, the cost will be calculated pro-rata from the standard hourly rate.

Home Visitations:

Any session conducted offsite from Simply Stronger’s premises are considered to be a “home visitation” whether this be at the client’s home, day centre or other location. These home visitations will attract an additional charge, this is to cover our practitioner’s time and travel. Simply Stronger allow for 30mins of travel time either side of the 60 minute appointment (total of 2 hours of time). In circumstances where travel time is greater than 30min due to distance, traffic or another unforeseen circumstance, the 60min session may be shortened to accommodate for this.

Further if sessions are conducted at an alternate premise (gym or swimming pool) any access or entry charge for the practitioner will be charged to the client in addition to their session charge.

Costings:

Initial assessment (60min)	\$130
Subsequent session (60min)	\$105
Initial Assessment - Home visitation (60min)	\$160
Subsequent session - Home visitation (60min)	\$130
Subsequent session - Home visitation (30min)	\$100

Program review and rewrite \$45

Note: this can be waived for clients seen on a weekly, ongoing basis

Report writing \$90/hr

Eg End of Plan/Service report, Request for service report, additional letters/reports to other medical professionals