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IMPORTANT INFORMATION - BEFORE YOU COME

Welcome to Health for Keeps!

Thank you for choosing me as your health provider. I appreciate your support. So that we can have a productive initial session together it is important to read this letter and complete the pre-assessment information.

What you need to know:

- At Health for Keeps I encourage my clients to be active participants in their treatment, right from the beginning, so I will expect you to follow the advice I give, provide accurate and timely feedback and advise me of any changes in your health as we go through treatment. This enables you to have the best possible care.
- Dignity and privacy are paramount, however please come wearing something comfortable that you can move around in or can be moved aside so that I can see or feel the body part in question. You will always be asked for consent each time I do this, and you are able to say no at any time.
- Expect homework! As per the above, you need to participate in your treatment, and I will ask you to do things after our session together to maximise your outcomes. This time is just as important as the time spent with me. No excuses accepted (and I tell you to keep the homework away from the dog!)
- Talking of dogs... As I have a home-based practice, there are animals on the premises. We have two cats (one of which likes to try and escape) and an assistance dog. Whilst they are not in the treatment room, you may see or hear them at the house. If you have severe animal allergies, I am sorry that my practice location may not be suitable for your treatment. However, please call me to discuss any individual needs or requests.

What you need to do:

- Please download, print and complete the Pre-assessment information and terms and conditions. Then bring it to your appointment. If you do not have a printer, please complete the form electronically and email it back to me. I can then print it for your signature at the start of your appointment. If you do not complete it in advance, please be advised that you will be required to complete it before your appointment, and this will reduce your appointment time available for assessment and treatment. If you have any trouble with this, please let me know in advance and I can arrange for you to complete it by arriving earlier for your appointment whilst I am with another client.

Kind regards

Carrie

Caroline Taylor, APAM, Physiotherapist

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