

Exercise and Activity Services within the CALHN catchment

The following is a list of services within and near the Central Adelaide Local Health Network (CALHN) catchment that promote exercise and activity. It includes services for people who may require a specific exercise plan as well as general services that promote a healthy lifestyle. Information and pricing are accurate as of December 2022.

Free or low-cost services

Individual (1:1) services

1. Get Healthy – Information and Coaching Services

- Free telephone-based expert advice provided by Wellbeing SA
- Option to access 6 months of free coaching, support and information or information only
- Includes advice on healthy eating, physical activity and achieving and maintaining a healthy weight
- **Web:** <https://www.gethealthy.sa.gov.au/program-4/inclusions/>
- **Phone:** 1300 806 258

2. Chronic Disease GP Management Plan and Team Care Arrangement (TCA)

- Up to 5 individual allied health services each calendar year
- Allied health services can include exercise physiology and physiotherapy if recommended by the GP
- Patients with type 2 diabetes can also access additional group services for exercise physiology, diabetes education and dietetics (8 sessions per calendar year)

3. Centre for Physical Activity in Ageing

- Specialist rehabilitation unit located at Hampstead Rehabilitation Centre
- Offer general rehabilitation for clients with complex conditions including falls or multiple co-morbidities requiring close supervision by an exercise physiologist
- Requires a referral from GP
- **Web:** <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/hospitals/rehabilitation+services/outpatient+rehabilitation+services/centre+for+physical+activity+and+ageing/centre+for+physical+activity+in+ageing>



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4. Physiotherapy Outpatient Service

- Physiotherapy outpatient services are provided at both the Royal Adelaide (RAH) and The Queen Elizabeth Hospital (TQEH)
- Services include physiotherapy management (including exercise prescription) of adult musculoskeletal conditions
- Requires referral from a GP or allied health clinician
- Wait times will vary depending on the patient's clinical need and the level of demand on the service
- **Web:** <https://www.rah.sa.gov.au/health-professionals/clinical-services/allied-health/physiotherapy>

5. UniSA Physiotherapy Clinics

- Based at UniSA's City East, City West and Magill campuses, the Physiotherapy Clinic offers assessment and treatment across a variety of different areas
- Services are provided by professionally supervised final year undergraduate physiotherapy students, postgraduate students and / or fully qualified physiotherapists
- Standard fees for student-delivered services are \$20 for an initial consultation and \$15 for a subsequent consultation. Concession fees are \$10 for both
- **Web:** <https://www.unisa.edu.au/connect/community-clinics/physiotherapy-clinic/>

6. UniSA Exercise Physiology Clinics

- Based at UniSA's City East, City West, and Magill campuses, the Exercise Physiology Clinic offers specialist exercise prescription services to the community to assist with the management and prevention of chronic health conditions, musculoskeletal rehabilitation, medical conditions, disabilities and mental health conditions
- Services are provided by final year undergraduate exercise physiology students under the supervision of accredited exercise physiologists, or directly by accredited exercise physiologist
- Standard fees for student-delivered services are \$20 for an initial consultation and \$15 for subsequent consultation. Concession fees are \$10 for both
- **Web:** <https://www.unisa.edu.au/connect/community-clinics/exercise-physiology-clinic/>

Group services

1. Strength for Life – COTA (Council of the Aging)

- Initial assessment followed by group-based sessions – each individual works to a personalised program. Also offer Aqua programs (pool-based)
- South Australians aged 50+ (40+ for Aboriginal and Torres Strait Islanders and people from refugee background) are eligible
- Group classes range from \$10 (run by a fitness instructor) to \$12 (run by an exercise physiologist) per session
- **Web:** <https://cotasa.org.au/programs-and-services/strength-for-life>
- **Phone:** (08) 8232 0422
- You can also access the strength for life online videos at:
https://www.youtube.com/watch?v=xR1iKfCiiNo&list=PLMo7gORxrRhVmzpxE7a1_qvCTzIjm-w2V

2. UniSA Exercise Physiology Clinics

- Based at UniSA's City East, City West, and Magill campuses
- Services are provided by final year undergraduate exercise physiology students under the supervision of accredited exercise physiologists
- Offer small group exercise sessions for \$12 (max 3 people) and large group exercise sessions for \$7 (max 12 people). Concession rates available
- **Web:** <https://www.unisa.edu.au/connect/community-clinics/exercise-physiology-clinic/>

3. Councils

- Many local councils offer affordable exercise classes or can help link you to local fitness programs or gyms in your area. These options are often aimed at people over 50
- Visit your local council's website or give them a call to find out more

4. Heart Foundation Walking Groups & Personal Walking Plans

- Free personal walking plans (online)
- Search online for a walking group near you (various locations)
- **Web:** <https://walking.heartfoundation.org.au/>

5. Centre for Physical Activity in Ageing

- Requires a referral from a GP
- Offer 3 general exercise and walking programs (staying fit and healthy classes, starter circuit program and circuit exercise program)
- **Location:** Centre for Physical Activity in Ageing, Hampstead Rehabilitation Centre, 207-255 Hampstead Road, Northfield or in various locations within at the Port Adelaide region
- Contact the Centre to find out which programs and services operate on a fee-for-service basis
- **Phone** (08) 8222 1891
- **Web:** <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/hospitals/rehabilitation+services/outpatient+rehabilitation+services/centre+for+physical+activity+and+ageing/centre+for+physical+activity+in+ageing>

Privately funded

Individual and group therapy

1. Physiotherapy and Exercise Physiology (Private)

- No referral required
- Self-funded – Claimable if have private health (check with your health fund)
- Many practices will offer group options
- Find a physio near you <https://choose.physio/find-a-physio>
- Find an exercise physiologist near you <https://www.essa.org.au/find-aep/>

2. ECH and ACH Group (and other aged care providers)

- Offer individual allied health and group therapy options
- Services often targeted at people aged 50+
- Self-funded or if over 65 you may be eligible to qualify for a Home Care Package and allocate funding to these services
- **Web:** <https://www.ech.asn.au/wellness/fitness-programs-and-exercise-classes/>
- **Web:** <https://achgroup.org.au/health-and-wellbeing/exercise-groups/>

3. Gyms

- Many gyms will offer 1:1 personal trainer sessions or group sessions
- Some health funds cover personal trainer or gym memberships if it is necessary to treat a specific medical condition (check with your health fund)

4. Recreation and Sports Centres

- Recreation and Sports centres often offer group classes that can be accessed without a membership and instead paid as a 'casual admission'. Many offer cheaper rates for older adults, including strength for life classes (check each centre for details)
- *ARC (Campbelltown)* – Gym, pool and group fitness options
Web: <https://www.arccampbelltown.com.au/>
- *St Clair Recreation Centre* – Gym and group fitness
Web: <https://www.stclair.ymca.org.au/>
- *The Parks Recreation and Sports Centre* - Gym, pool and group fitness options
Web: <https://www.parksrsc.ymca.org.au/>
- *The Lights Community and Sports Centre* – Gym and group classes
Web: <https://www.thelights.com.au/>

For more information

www.sahealth.sa.gov.au

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