



NDIS ASSESSMENTS JUST FOR YOU

Our assessments are carefully designed to help you make progress towards achieving realistic and sustainable capacity building goals.

You will be expertly looked after by Dr Simon Sostaric, a highly experienced and distinguished exercise physiologist.

HOW WE HELP

Step 1. WE LISTEN

to understand your unique concerns and goals.

Step 2. WE EVALUATE

- DEXA: body composition scan.
- Stamina: usually a short walking test.
- Strength: arm and leg strength and function.
- Mobility: movement patterns.

Step 3. WE PLAN & EMPOWER

targeted recommendations that suit your needs, lifestyle and goals.

Step 4. WE SUPPORT & REASSESS YOUR PROGRESS

a 6 month reassessment helps us fine tune your program and develop new targets.

Our reports are also very helpful for your NDIS plan review meetings.

GETTING STARTED IS EASY

We are delighted to help you and your therapists build an effective action plan to achieve your goals. Speak to your support coordinator and they will arrange an appointment.

CONTACT US

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