



# Independent Living

Assessment and Rehabilitation Services

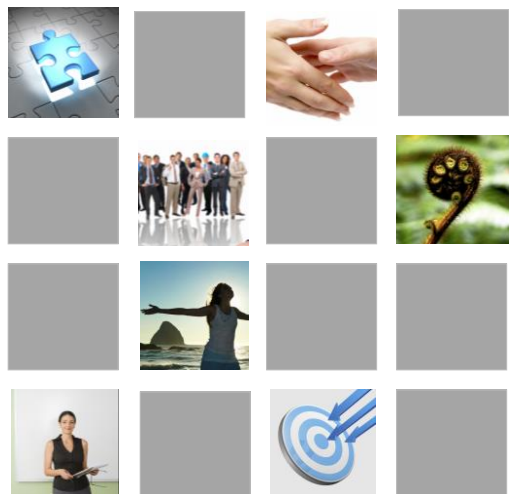
## Company Profile

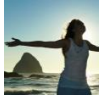


Health & Safety Q-Safe



Te Kaporeihana Āwhina Hunga Whara  
ACC ACCREDITED PROVIDER





## Independent Living Ltd

Established in 1993, Independent Living provides a range of professional Assessment and Rehabilitation Services within the greater Wellington region for:

- Accident Rehabilitation & Compensation Corporation (ACC)
- Government and Non Government Organisations
- Individual Clients
- Small Businesses
- Private and Public Companies

Independent Living's team is comprised of: NZ Registered Occupational Therapists, NZ Registered Physiotherapists, a NZ Registered Speech Language Therapist, a NZ Registered Nurse, a NZ Registered Social Worker, a NZ Registered Dietitian as well as a Rehabilitation Coach and Rehabilitation Assistants.

We match our extensive skills and experience to a broad spectrum of needs arising from:

- Injuries - specialising in spinal injury
- Medical and Surgical conditions
- Neurological conditions - specialising in brain injury
- Psychological conditions
- Age related conditions
- Work related conditions

The team's professionalism, commitment and reputation for "taking that extra step" has earned the company an enviable reputation for; carrying out comprehensive assessments that clearly identify the needs of the client, as well as developing rehabilitation programmes that enable the client to reach their optimum level of independence in both vocational and social activities.

The development of rehabilitation programmes that identify 'goals to independence' and 'meaningful goals' is an integral part of our service. We are proud of our reputation for providing one of the most comprehensive assessment and rehabilitation services in the Wellington region and work tirelessly to maintain that reputation.



## Mission Statement

Independent Living Limited is committed to providing an efficient and effective Assessment and Rehabilitation Service that is sensitive to the functional, cognitive, psychological and cultural needs of all our clients.



## Service Philosophy

Independent Living believes in the value of all people and that People with Disabilities should experience equal rights of citizenship, including access to services for health and well-being, opportunities for learning and education, employment, having a home and family and social participation, like others at similar stages in life.

Independent Living recognises the importance for People with Disabilities of their individual autonomy and independence including the freedom to make their own choices and be actively involved in any decision making processes that may impact on their lives.

Independent Living believes that People with Disabilities should be able to participate fully within the community they live in, that they should feel safe, respected and not discriminated against and that any barriers in society whether it be environmental or attitudinal should be removed.

Independent Living believes in promoting opportunities for People with Disabilities to participate in cultural, recreational, leisure and sporting activities within their community, as well opportunities for gaining paid or unpaid employment.

Independent Living believes that People with Disabilities should have supports tailored to meet individual's needs, goals and aspirations and that this should take a whole life approach involving both natural and community supports.



## Cultural Statement

Independent Living Limited acknowledges that the Treaty of Waitangi forms the basis of the relationship between two peoples, tangata whenua and tauiwi (people of the land and all other peoples) and that it has established a principal of partnership in the life of New Zealand.

Independent Living Limited will endeavor to reflect that basic partnership and ensure its structures and administration processes, policies and procedures, actions and services have relevance to both peoples.

Independent Living Limited respects cultural values, differences and ways of doing things and accepts the need for such respect to underlie all action and behavior.

Independent Living Limited recognises that all persons have cultural significance and will seek to support and strengthen each person's identification with their culture.

Independent Living Limited values cultural diversity and supports when appropriate affirmative policies and action which will benefit any disadvantaged individual or groups in the community.



## Our Services Include

Onsite workplace assessments, evaluation of work practices, planning and monitoring of return to work programmes.

Training for management and staff on injury prevention and/or injury management, as well as implementing injury prevention programmes.

A domiciliary service, individual equipment prescription, advice with regards to housing modifications, wheelchair and seating.

Individual needs assessments.

Individual Training for Independence programmes.

Nursing Assessments including prescription of consumables.

The Top Form Rehabilitation Programme - individual and group programmes

Individual and group training on Stress, Relaxation and Pain Management.

A one stop shop approach to rehabilitation using our wider professional networks and community contacts.



## Our Clients Include

ACC

Waitangi Tribunal

Well NZ

MBIE

Cavit ABI

Career Services

WorkAon

Lotteries Commission

School Supplies

NZ Police

St John of God

Workbridge

Interislander

Fit For Work

NZ Provide

Fidelity Life Insurance



## Service Scope

### Vocational Assessment:



- OSH Audits
- Evaluation of workstation, equipment, seating and office environment (includes equipment prescription where required)
- Comprehensive workplace assessment (includes biomechanical and psychosocial assessments)

#### Outcome:

- Prevention/management of injuries in the workplace
- Reduction in the social and financial cost of workplace injuries
- Identification of client's current level of function and vocational skills
- Compliance with the Health and Safety in Employment Act 1992 and the Approved Code of Practice for the Use of Visual Display Units in the Place of Work – October 1995.

### Social Assessment:



- Social Rehabilitation assessments.
- Specialist aids and appliance assessments (equipment prescription when required).
- Housing modification assessments.
- Training for Independence assessments.
- Individual needs assessments.
- Consumables assessments.
- Nursing assessments.
- Wheelchair, seating and mobility scooter assessments.

#### Outcome:

- Identification of a client's needs in order to achieve/maintain their optimum level of independence in the home and social activities.

### Vocational Rehabilitation:



- Liaise with clients' employer and case manager re: rehabilitation and graduated return to work programmes.
- Liaise with employers with regards to suitable, alternative, or light duties – when appropriate.
- Development and monitoring of graduated return to work programmes.
- Monitoring work trials.
- Prescribe and trial specialist equipment (if required).

#### Outcome:

- Client remains employed.
- Client re-enters the workplace.
- Client's transferable skills are identified.
- Appropriate job placement identified and supported.

## Social Rehabilitation:



- Individual training programmes, designed to increase the clients independence in specific activities of daily living.
- Training in use of specialist equipment/alternative techniques.
- Top Form Rehabilitation programme – individual and group programmes

### Outcome:

- Client achieves and maintains their optimum level of independence at home, at work and socially.

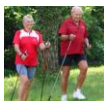
## Training:



- OOS prevention and management programmes.
- Stress, relaxation and pain management programmes for individuals and groups.
- Manual handling training for Caregivers.

### Outcome:

- Prevention and management of injuries within the workforce.
- Reduction in the social and financial costs associated to work related injuries.



## Top Form Rehabilitation Programme – individual and group programmes

The Top Form Rehabilitation programme is run by a NZ Registered Occupational Therapist with the support of a Rehabilitation Coach and Rehabilitation Assistants.

The Top Form Rehabilitation Programme has been designed for People with Disabilities who would like to participate in social and/or meaningful and purposeful activities within the community.

Individual programmes are planned and tailored to an individual's goals and aspirations and take place in the home or local community.

The Group Programme is held on weekdays, and operates from our base at 30 Phillip Street, Johnsonville. Hours of operation: 9.00am to 3.00pm.

The programmes provide individual's with:

- The opportunity to increase one's social interaction within the local community.
- The opportunity to participate in activities that are meaningful to the individual.
- The opportunity to develop life skills such as: decision making: problem solving; creative and lateral thinking; critical thinking/perspicacity; effective communication; interpersonal relationships; self-awareness/mindfulness and assertiveness.
- The opportunity to increase their independence with Activities of Daily Living such as budgeting, cooking, hygiene, etc.
- The opportunity to participate in a wide range of activities which will challenge their physical, functional, psychological and cognitive impairments.
- The opportunity to develop skills which may lead to voluntary and paid employment.



## **The Independent Living Limited Team**

All rehabilitation professionals are NZ registered and hold current practicing certificates.

### **Occupational Therapists:**

Jackie Doherty, Director and Clinical Supervisor  
Carole Forster  
Mary Cooney  
Tanya Loveard  
Helen Rolton

### **Physiotherapists:**

Robina Scahill  
Kat Wyeth  
Lynda Kirkman  
Rosanna von Keisenberg

### **Registered Nurse:**

Vivienne Pearson

### **Social Worker:**

Marian Tobin

### **Speech Language Therapist:**

Sarah Campbell

### **Dietitian:**

Marco Mollo

### **Rehabilitation Coaches:**

Andrew Shannon  
Michelle Hailwood  
Lorraine Ells-Tewhiu  
Yvonne Malthus

### **Rehabilitation Assistants:**

Are Karati  
Lorena Wineera

### **Practice Manager:**

Jackie French

### **Finance/Administration Officer:**

Gill Oliver

Independent Living also contracts the following professional services in order to provide a holistic approach to its assessment and rehabilitation services:

### **Psychologist and Neuropsychologist Services**

**Music Therapist**

**Massage Therapist**