



# Health & Wellness

## Price List | SCC Home Care Package, CHSP & Private



Whether you are recovering from an illness or injury, or simply want a more active and healthy life, our Health & Wellness services offer something for you.

From group therapy and exercise classes, to one-on-one allied health and therapy services, and community respite focused on healthy ageing and meaningful engagement, our services will help you to be Better for life.

### Our Services and Prices

#### Group Classes

Group strength, fitness and therapy classes provided in our Health & Wellness Centres via telehealth.

Class	Price
General classes including Stronger Today, Tai Chi, Aqua Fitness	\$10 (per person)
Specialised classes including Hydrotherapy, ICreate, Pilates	\$15 (per person)
Telehealth classes (online)	\$20 (per person) / \$10 (CHSP Contribution)

#### Allied Health & Therapy Services

Services including Exercise Physiology, Dietetics, Massage Therapy, Physiotherapy, Podiatry, Occupational Therapy, and Social Work provided by our Health & Wellness team in our Centres, via telehealth or in our clients' homes. Session durations vary by discipline and extended sessions are available. Speak to our team for details.

Service	Session / Assessment Prices	Session / Assessment CHSP* Client Contribution
Ongoing Treatment In-Centre	\$90.00	\$15.00
Ongoing Treatment In-Home	\$130.00	N/A
Initial Health Assessment & Reviews In-Centre	\$135.00	\$20.00
Initial Health Assessment & Reviews In-Home	\$195.00	N/A
Ongoing Treatment Telehealth	\$90.00	\$15.00
Initial Health Assessment & Reviews Telehealth	\$135.00	\$20.00
Occupational Therapy Assessment (Metro)	\$390.00	N/A
Occupational Therapy Assessment (Non-Metro)	\$525.00	N/A



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### Community Respite Services

Short-term respite care provided to clients in our cottages or in our clients' homes and communities.

Service	Day Prices	Day CHSP Client Contribution	Overnight Prices	Overnight CHSP Client Contribution
Respite Care In-Cottage (Full Day / Full Night)	\$160.00 (Mon-Fri)	\$30.00 (Mon-Fri)	\$300.00 (Mon-Fri)	\$75.00 (Mon-Fri)
Respite Care In-Home / Community - Buddy (3 Hours)	\$200.00 (Mon-Fri) \$300.00 (Sat-Sun)	\$30.00 (Mon-Fri) \$60.00 (Sat-Sun)	N/A	N/A
Respite Care In-Home / Community - Buddy (4 Hours)	\$250.00 (Mon-Fri) \$400.00 (Sat-Sun)	\$30.00 (Mon-Fri) \$60.00 (Sat-Sun)	N/A	N/A
Respite Care In-Home / Community - Buddy (5 Hours)	\$300.00 (Mon-Fri) \$500.00 (Sat-Sun)	\$30.00 (Mon-Fri) \$60.00 (Sat-Sun)	N/A	N/A

### Booking and Cancellations

Southern Cross Care requires 24 hours notice for all service cancellations. Cancellations made within 24 hours of a booked service will be charged at 100% of the service price.

If you are not present at the scheduled time of a booked service and have not provided us with 24 hours notice of cancellation, you will be charged at 100% of the service price.

### Service Availability

The availability of services provided directly by Southern Cross Care differs by region.

In some regions, Southern Cross Care does not have the team members, Health & Wellness Centres or Community Respite Cottages to provide services for the listed prices.

### More Information

For more information about our services, prices or fees, please call our friendly team on **8179 6825**.

This pricing information is current as of 1 September 2023.

\*CHSP = Commonwealth Home Support Programme. Please speak to our friendly team if you would like information about CHSP or support to access this programme.