



Health & Wellness

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

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 people 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)

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.

Service	Session Prices	Assessment Prices
Ongoing Treatment In-Centre	\$93.85	N/A
Ongoing Treatment In-Home	\$135.55	N/A
Initial Health Assessment & Reviews In-Centre	N/A	\$140.80
Initial Health Assessment & Reviews In-Home	N/A	\$203.85
Ongoing Treatment Telehealth	\$93.85	N/A
Initial Health Assessment & Reviews Telehealth	N/A	\$140.80
Occupational Therapy Assessment (Metro)	N/A	\$406.75
Occupational Therapy Assessment (Non-Metro)	N/A	\$547.55



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Community Respite Services

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

Service	Day Prices	Overnight Prices
Respite Care In-Cottage (Full Day / Full Night)	\$208.60 (Mon-Fri)	\$469.35 (Mon-Fri)
Respite Care In-Home / Community - Buddy (3 Hours)	\$234.65 (Mon-Fri)	N/A
Respite Care In-Home / Community - Buddy (4 Hours)	\$286.80 (Mon-Fri)	N/A
Respite Care In-Home / Community - Buddy (5 Hours)	\$338.95 (Mon-Fri)	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 a client is not present at the scheduled time of a booked service and has not provided us with 24 hours notice of cancellation, they 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 **1800 920 492**.

This pricing information is current as of 1 July 2024.