Domiciliary Care provides services to people with reduced ability to care for themselves, assisting them to stay living in their own homes - close to loved ones, family and their local community.

Dom Care primarily assists those over 65 to deal with reduced ability related to ageing, although younger people with a disability may in some instances qualify for support.

By promoting independence and improving quality of life for clients, Dom Care helps prevent unnecessary admission into hospital or residential care.

Domiciliary Care Physiotherapists provide in-home rehabilitation for clients with neurological, musculoskeletal and cardiorespiratory conditions. Interventions are designed to improve or maintain function, maximise independence and optimise quality of life for clients and carers. Services are initiated through internal clinical referrals.

The core activities of Dom Care Physiotherapists are treatment, prevention, education, and collaboration within a multidisciplinary team (Occupational Therapy, Podiatry, Speech Pathology, Social Work and Dietetics).

Treatment includes early intervention in degenerative disorders, prescription of equipment and home modifications, exercise programs, chest physiotherapy and referrals to other services as required.

Education incorporates fall prevention, balance training, degenerative disorder advice, position transfer advice, incontinence, pain management, manual handling, exercise and equipment training for carers and paramedical aides.

Contributions to the team include specialised advice, supervision of physiotherapy students, representation on internal and external committees, working groups and participation in quality improvement activities.

The three main roles for Physiotherapists within Dom Care are:

**Client Services Area (CSA) Team Clinician**
Most time in this role is spent assessing, treating and providing interventions. CSA Team Clinicians prioritise clients, manage a waiting list and respond to urgent referrals.

**Therapy Solutions (TS) Clinician**
This role provides flexible physiotherapy service delivery across various units within Dom Care, including CSA teams, palliative team and rehabilitation program. TS Clinicians may also undertake locum contracts and individual client clinical assessments with external government funded agencies.

**CSA Team Service Coordinator**
CSA Team Service Coordinators assist clients with medium or high support needs. They arrange and monitor referrals to other team members and support services, including respite. They liaise with health professionals such as GPs and hospital discharge planners, to assist clients and carers to higher care. Clinical tasks take approximately 20% of their time.

For Further Information
Amanda Burdon
Clinical Advisor, Physiotherapy
T: (08) 8372 8887
E: Amanda.Burdon@dfc.sa.gov.au

“I really enjoy my work at Domiciliary Care, working with clients to problem solve issues in their own homes. A few simple changes can really make a big difference to a client’s independence and even their ability to stay in their own home. I can organise my own workload, and work in a team of dedicated, caring people...”

Jane, Physiotherapist, Adelaide Team