



Our highly skilled team of health professionals include



Physiotherapists

We help through physical rehabilitation to improve mobility, reduce pain and increase quality of life



Occupational Therapists

We help people to participate in the activities of everyday life safely and independently



Podiatrists

We help people in the care of their lower limbs including the foot and ankle



Behavioural Therapists

We will work with you to implement and promote positive behaviour



Music Therapists

We provide a range of musicmaking methods to help refocus attention, express emotions, maintain and improve skills



Exercise Physiologists

We help prevent and manage chronic disease or injury, and assist in restoring one's optimal physical function



Speech Pathologists

We are specialised in the expertise of communication, feeding and swallowing

NDIS & Community – Physiotherapy and Exercise Physiology

Our physiotherapists and exercise physiologists work with people of all ages and conditions to address individual goals.

Golden Age physiotherapists employ a wide range of manual techniques in their interventions which are supplemented by tailored exercise programs for rehabilitation and to prevent recurrences. Golden Age exercise physiologists use exercise-based interventions including physical activity, education, and lifestyle modifications to prevent or manage acute and chronic disease and injuries.

Our Specialties

Our highly skilled team of physiotherapists and exercise physiologists specialise in:

- Aged care
- Disability care
- Cardiopulmonary care
- Neurological rehabilitation
- Musculoskeletal rehabilitation
- Orthopaedic rehabilitation
- Acute post-operative rehabilitation

Our Locations

Our physiotherapists provide outreach services throughout Metro Sydney, including:

- Western Suburbs
- Hills District
- South-West Sydney
- Eastern Suburbs
- Inner-West Sydney



Ron

Director, Principal
Physiotherapist

Ron has a comprehensive understanding of building and developing allied health programs across aged care and disability. These programs are responsible for delivering evidence-based treatments in accordance with funding bodies whilst satisfying accreditation standards.



Tamana

Team Leader, Senior
Physiotherapist

Tamana has extensive experience in various fields of physiotherapy. Tamana has worked with children under NDIS as well as private practice clients for musculoskeletal and acute injuries. Currently she is working with geriatric patients in the aged care sector and providing cardiorespiratory physiotherapy in major hospitals.



Vernon

Team Leader, Senior
Physiotherapist,
Exercise Physiologist

Vernon is a dual qualified clinician, having graduated with a Bachelors of Exercise Physiology and Masters of Physiotherapy. Vernon has worked across multiple fields of physiotherapy including private practice, aged care, hydrotherapy and rehabilitation.



Norman

Team Leader, Senior
Physiotherapist

Norman has experience in a variety of physiotherapy fields including aged care, acute orthopaedics, general/orthopaedic/neuro rehab, musculoskeletal physiotherapy, as well as cardiopulmonary and post-surgical care.



NDIS & Community – Physiotherapy and Exercise Physiology



Ben

Senior Physiotherapist

Ben is a dedicated physiotherapist working in the community sector, focusing on orthopaedic and disability rehabilitation. Ben is experienced in aged care, post-operative orthopaedic rehab and working with people living with various chronic backgrounds including neurological and musculoskeletal conditions.



Khoi

Physiotherapist

Khoi has experience working in hospitals, residential aged care facilities and private clinics. Khoi specialises in aged care, working within several residential aged care facilities and providing physiotherapy to residents with a diverse range of conditions including musculoskeletal, cardiovascular and neurological conditions.



Uthi

Physiotherapist

Uthi is currently working in both an aged care setting as well as a private practice setting. Due to her understanding of different patient demographics and presentations, she understands patient needs and assists in providing a patient-centred and collaborative treatment approach.



Esther

Physiotherapist

Esther is currently working with geriatric patients in the aged care sector. She has a comprehensive understanding of delivering evidence-based treatment for her clients, supporting individuals that are living with various chronic backgrounds and working with the multi-disciplinary team to achieve the best outcome.



Laura

Exercise Physiologist

Laura is an accredited exercise physiologist with experience working in paediatrics, geriatrics, and disability fields. She has developed a broad range of skills which enable her to deliver a tailor-made strategy to participants to ensure the best possible outcomes from her services.



NDIS & Community – Occupational Therapy

Our occupational therapists are experts in helping people live safely and independently.

If conditions have affected someone's ability to participate in daily activities or the community, occupational therapists employ a range of strategies to improve functional independence. Golden Age's occupational therapists work with all conditions and people of all ages, to address each person's individual needs.

Our Specialties

Our highly skilled team of occupational therapists specialise in:

- Equipment Trial and Prescription
- Home Modifications
- Upper Limb Assessment and Intervention
- ADL Assessments
- Emotion and sensory regulation
- Social and self-care skills for children
- Self-care assessments (showering/toileting/dressing/eating)
- Domestic care assessments (cooking/cleaning/laundry)
- Aged care

Our Locations

Our occupational therapists provide outreach services throughout Metro Sydney, including:

- South-West Sydney
- Eastern Suburbs
- Central Sydney
- Lower North Shore



Shawna

Principal Occupational Therapist (Consultant)

Shawna has spent the last 8 years working as an occupational therapist in the area of rehab. Shawna specialises in neurodegenerative and rehabilitation. Her passion is seeing others improve their quality of life and skill set based on improvement and empowerment through occupational therapy.



Bridget

Senior Occupational Therapist (Consultant)

Bridget is a paediatric specialist occupational therapist working with children and specialising in helping develop fine motor and basic life skills such as bathing, getting dressed, brushing teeth and self-feeding.



Anna

Senior Occupational Therapist

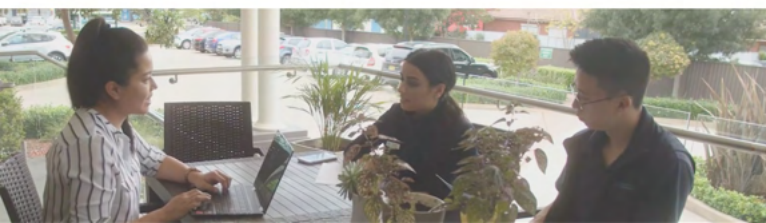
Anna has experience in occupational therapy for adults with stroke, spinal cord and traumatic brain injuries, including assisting with environmental assessments, assistive technology assessments and prescription. She also has experience working in the hospital setting and is specialised in working with children with autism, ADHD & developmental delays.



Dylan

Occupational Therapist

Dylan has worked with patients in an orthopaedic setting and in occupational rehabilitation. He has experience with case conferencing, ADL and workplace assessments, and recover at work plans. He has a special interest in working with adults with stroke and spinal cord injuries.



NDIS & Community – Podiatry

Our podiatrists are experts in the care of your feet, ankles and lower legs – providing treatments for conditions arising from growth, ageing, disability or injury.

Throughout all treatments we use high quality, sterilised equipment.

Our Specialties

Our highly skilled team of podiatrists specialise in:

- Clinical podiatry
- Diabetic foot assessment and treatment
- Aged care podiatry service
- Gait and biomechanics analysis
- Custom foot orthotics
- Medical grade footwear
- Neurovascular assessments
- Wound review and management
- Ingrown toenails
- Dermatology

Our Locations

Our podiatrists provide outreach services throughout Metro Sydney, including:

- Northern Beaches
- Upper and Lower North Shore
- Eastern Suburbs
- Inner West Sydney
- Hills District
- South Sydney
- Western Suburbs



Wei

Principal Podiatrist

Wei graduated from Western Sydney University with a Bachelor of Health Science and Master of Podiatric Medicine. She likes to work in all aspects of podiatry in terms of general foot care, diabetic podiatry, biomechanics, orthotic therapy, sports podiatry, footwear, paediatric podiatry, and nail surgery.



Tom

Senior Podiatrist

Tom has a Bachelor of Health Science and Master of Podiatric Medicine from Western Sydney University. He has been working in the home care sector for six years and is specialised in the treatment of foot and ankle conditions. Tom helps patients effectively resolve issues to minimise discomfort and maximise outcomes.



Kirk

Senior Podiatrist

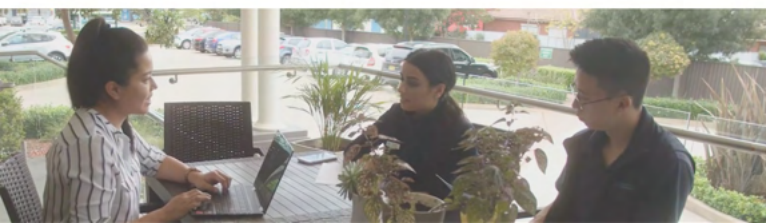
Kirk has a Bachelor of Health Science and Master of Podiatric Medicine from Western Sydney University. He has five years of podiatry experience, working across aged care facilities and medical centres. These experiences make him an expert in aged care by providing evidence-based treatments in accordance with funding bodies whilst satisfying accreditation standards.



Ryan

Podiatrist

Ryan has a Bachelor of Health Science (First Class Honours) and Master of Podiatric Medicine. He also graduated with distinctions in a Master of Public Health, following his interest in protecting and improving population health. Over his six years of clinical experience, Ryan has come to specialise in the conservative treatment of ingrown toenails.



NDIS & Community – Behavioural Therapy

Our Behaviour Therapy services focus on providing people with disability and their families the tools they need to help people live their best life. Our clinicians will work with you to implement & promote positive behaviour change.

We work within a multidisciplinary framework to provide behavioural therapy in residential, educational and vocational settings. This assists people with behavioural challenges to meet their needs effectively.

Our Specialties

Our highly skilled team of behavioural therapists specialise in:

- Early intervention
- Getting children school ready
- Parent training services
- Functional Behavioural Assessments
- Behavioural Support Plans
- Applied Behaviour Analysis (ABA) therapy
- Aged Care

Our Locations

Our behavioural therapists provide outreach services throughout Metro Sydney, including:

- South-West Sydney
- Western Suburbs



Manisha

Senior Behavioural Therapist

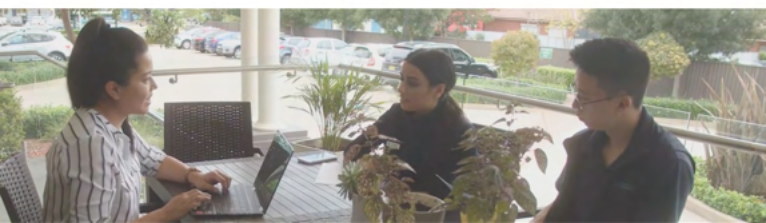
Manisha graduated with a Bachelor of Arts – Psychology and is currently studying her Master of Counselling and Psychotherapy. With 5 years of experience and proven knowledge of clinical service, Manisha brings to our team a broad clinical background utilising evidence-based practices of Applied Behaviour Analysis (ABA) and Positive Behaviour Support (PBS), with a focus on behaviour reduction and teaching skills to improve quality of life.



Samiyah

Behavioural Therapist

Samiyah graduated with a Bachelor of Psychology (Honours) and has also completed a Certificate IV in Mental Health. Samiyah has years of experience working in the clinical setting, using a range of evidence-based practices including PBS and ABA. She is passionate about supporting people with physical disabilities and psychosocial disabilities to have a better quality of life, as well as empowering them to achieve their goals.



NDIS & Community – Music Therapy

Support provided by our Music Therapists can improve physical, cognitive, social, emotional and spiritual health.

Our Registered Music Therapists (RMT) will develop a personalised care plan taking into account the person's goals, lifestyle and general health. They focus on improving your health and wellbeing through the use of music. Depending on the individual's needs, Music Therapy can help address areas such as neurorehabilitation (cognitive and behavioural, communication, physical), anxiety and depression, sleep difficulties, pain, nausea, isolation, grief and bereavement, or social and emotional well-being.

Our Specialties

Our highly skilled team of music therapists specialise in:

- Mental health
- Children with ASD and disabilities
- Disability care
- Aged care
- Culturally and linguistically diverse communities

Our Locations

Our music therapists provide outreach services throughout Metro Sydney, including:

- Eastern Suburbs
- Western Suburbs



Isabel

Music Therapist

Isabella is an AMTA Registered Music Therapist who graduated with a Bachelor of Health Science (Hearing and Speech) from University of Sydney and a Master of Creative Music Therapy from Western Sydney University. She employs a holistic approach to her practice and uses evidence-based music therapy interventions to work towards a participant's unique goals. Isabella specialises in working with children with ASD and other disabilities and has experience working with young people and adults with mental health illness.



Ruth

Music Therapist

Ruth has a Master of Creative Music Therapy from Western Sydney University. She has experience working with a broad range of clients, including aged care, those with disabilities, mental health, homelessness, family-centred care, community music, and refugees. She has undergone training in trauma, and cultural safety. This has heavily informed her work as a clinician, approaching therapy in a person-centred, trauma-informed, and culturally safe way. Her techniques are evidence-based, exploratory, and sensitive to the changing needs of the client.

