

Independent Living Centre Tasmania

NEWSLETTER

JUNE 2025

Winter Edition

About Independent Living Centre Tasmania (ILCT):

- ILCT is a statewide Allied Health Service provider. We provide Occupational Therapy, Speech Pathology, Physiotherapy and Allied Health Assistant Services on a fee-for-service basis. We provide services to people over 18 only.
- ILCT provides services to clients within both the Aged Care and Disability sectors and have the capacity to see private clients.
- ILCT is a recipient of Sector Support and Development (SSD) funds to support CHSP providers within Tasmania. We are also funded by HACC. As a result of this grant funding, ILCT provides the following services which are subsidised by the Tasmanian State Government and the Commonwealth:
 - 1) Information Service – Information and advisory service on assistive technology.
 - 2) Mobile Outreach Services – statewide talks and equipment displays for clients and service providers
 - 3) Resource Development – printed and electronic resources e.g. information sheets, publications and videos etc.
- ILCT is also a registered NDIS service provider. ILCT provides Allied Health Services and Plan management to NDIS participants.

ILCT Newsletter June 2025

Address: Southern Office - 337 Argyle Street
North Hobart TAS 7000Northern Office - Suite 7/7 High Street
East Launceston TAS 7250Local call: 1300 452 827
Email: info@ilct.com.au

ILCT Northern Office Now in High Street:

ILCT Launceston staff have settled into our new office at Suite 7/7 High Street, East Launceston (adjacent to the QV Tower). We are now in a position to see clients on-site at this office for client consultations if they wish. There is off street parking across the road and some limited on-site parking available for clients. There is a lift available to access our offices upstairs if you do not wish to take the stairs.



Speech Pathology Update:

A Speech and Language Pathologist [SLP] assists with speech and swallowing difficulties, communication difficulties for understanding, expression (word/sentence production), social interaction and understanding body language. They work with people who have throat conditions, strokes or brain disorders and neurological conditions, such as motor neurone disease or Parkinson's disease. ILCT is currently considering referrals for acceptance for Speech Pathology clients (aged 18 and older) in the north of the state.

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Mobile Outreach Service (MOS):

Events completed:

ILCT has had a busy few months supporting the Tasmanian community! We showcased a range of assistive technology at these events, enabling clients to trial equipment and provided equipment supplier information and ILCT service brochures and a broad range of information sheets on assistive technology.

Here is just a snapshot of some of the events we have participated in and geographical areas we have travelled to deliver services:

King Island Show



ATSA Independent Living Expo (Hobart)



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Live Well Live Long (Smithton and Sheffield)



Polish Welfare Office (Hobart)



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Pit Stop Health and Wellbeing Day (Waratah)



MOS events coming up:

We will be attending the Community Health, Wellbeing and Services Expo at the Beaconsfield Community House on the 13th of June, 2025. We will also be attending the Aged & Disability Expos in Burnie, Devonport, Launceston and Hobart in late June/early July. Come find us at our booth to ask us any questions about assistive devices or technology and find out about the services we provide. Please contact us on 1300 452 827 to make an appointment or request specific equipment for viewing at an event. Information about events are also listed on our website at www.ilct.com.au.



How to request or arrange a Mobile Outreach event:

CHSP and HACC service providers and clients are able to request ILCT to visit their local communities within Tasmania including King and Flinders Islands. Please call 1300 452 827 or email info@ilct.com.au to enquire or make a request for this service. We have capacity to deliver Mobile Outreach Services for 2025/26.

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Tasmania

JAR OPENERS

Help you to open
jars



Jar openers are available to help you open jars and other containers. Some can also be used with one hand.

Cost Guide: low cost

Available from:

- Most healthcare stores
- Homewares stores
- Online.

Over page: one touch automatic jar opener.
Right: Brix Jar Key.



For more information:

Call ILCT on 1300 452 827, or
Visit www.ilct.com.au



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Tips for Exercising in winter:

- In case of bad weather, find some exercises/workouts you can do in the home.
- If heading out, be sure to check the weather forecast first.
- Be sure to warm up and stretch before heading out.
- Protect your head and your hands. Your body loses heat through its extremities, so wear a beanie or warm hat and gloves.
- Keep hydrated.
- Join an indoor exercise or aqua aerobics class.



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Importance of exercising in winter:

- Supports joint health
- Improves mood
- Enhances sleep
- Boosts immunity
- Boosts energy levels
- Maintains cardiovascular system



ILCT is a State Sector Development provider

We meet quarterly with all the other Tasmanian SSD providers. We can submit any feedback you have regarding training or support needs in your community to our state representative to forward on to the national body. You can contact us directly at info@ilct.com.au or provide feedback at the CHSP/HACC provider forums.

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