



M [redacted]: A rehabilitation and therapeutic exercise specialist centre. Based within the community for the more severe rehabilitation cases. A place to continue rehabilitation upon hospital discharge. Consistent funding would occur from the satellite practices- the specialist and mature fitness centres. Staffing would include a volunteer program. Insurance companies may assist in the development, as it would reduce the costs of their claims. M [redacted] may develop into a charity organisation.

Key



Specialist Centres: These centres would include medical condition groupings. They would be a source for community clinical exercise, education and funding. Each one having an auspice specialist or organisation, for example the Cardiac Centre sponsored by the Heart Foundation. 5-10% of profit would support M [redacted] services. These centres may be set up within existing clubs. Eg RSL, YMCA



Fitness Centres for Mature People: Exercise for general health and wellbeing plays a vital role for the mature client. These centres could be franchised out as businesses. 5-10% of profits would go to support M [redacted] services.

How different sectors within the community benefit.

DISABLED PEOPLE: The whole system was developed around and is focused at this population group as they are disadvantaged; they have physical, emotional and financial limitations. They require the greatest assistance, requiring the most time and technical assistance.

DISADVANTAGED TEENAGERS/PEOPLE: A volunteer work experience program is being discussed with St Vincent de Paul to help get teenagers from dysfunctional homes, a chance at participating within society. They would assist with administration at M [redacted]. If they enjoy their time, they may then decide to get formal training with the possibility of acquiring work at the satellite centres. Voluntary assistance could also be gained via other community programs.

HEALTH CARE WORKERS: They may get work at the specialist centres, or they may open up a franchised mature clinical exercise/ fitness centre. These people may, for example, include doctors, physiotherapists, exercise physiologists or nurses.

BUSINESS PEOPLE: Even with no medical training, they may like to purchase a franchised mature fitness centre. Many not-for-profit organisations rely on donations, whereas this concept is self funding through its supporting businesses.

and how the PUBLIC HEALTH SYSTEM BENEFITS: This concept would improve the general health of the ill population within the community, thereby decreasing a strain on the health system. It would increase community productivity. It would also be a safety net for early discharged patients. As the aging population advances, there will be a gradual increased demand for therapeutic exercise.

I request that you respect the sensitivity of the above business information. Thank you. © M [redacted] 2001