

**ONE CLIENT
ONE TEAM
ONE PASSION**



Our Service

ONE Rehabilitation Service is an interdisciplinary clinic offering services to clients who have experienced an acquired brain injury or other neurological condition. Our service was developed with the intent to provide a high quality of care through interdisciplinary services.

Our Team

ONE Rehabilitation Service offers:

- Occupational Therapy
- Physiotherapy
- Speech Pathology
- Social Work
- Psychology
- Exercise Physiology



What is an Interdisciplinary Team?

An interdisciplinary team is a group of allied health professionals that combine their knowledge and expertise to work collaboratively towards the client's common goals. The Journal of Rehabilitation Medicine (2018) explains that the interdisciplinary approach stems from the belief that the positive dynamic between team members can produce results that are more effective than the input of individual health professionals.



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Brain Injury
Stroke
Neurological Conditions

Multidisciplinary vs Interdisciplinary

A multidisciplinary team (Figure 1) is discipline oriented, with each discipline working parallel with clear role definitions and there is often little communication between team members. An interdisciplinary team approach (Figure 2) encompasses a holistic perspective. Often, there is role blurring among health professionals as team members are working collaboratively towards a common client goal. There is also regular and consistent communication between an interdisciplinary team which increases client outcomes. A study completed by The Journal of Clinical Rehabilitation also reported that interdisciplinary teams consistently achieved better client outcomes than multidisciplinary teams.



Figure 1: Multidisciplinary Team



Figure 2: Interdisciplinary Team

Benefits of Interdisciplinary

An interdisciplinary team approach has significant benefits for our clients. It allows for a wide range of skills and knowledge to be brought together to assess and provide effective rehabilitation treatment plans and outcomes. This unique skill-set also provides the opportunity for achievable and relevant goals to be established by the client with the help of their treating team. Other benefits of accessing an interdisciplinary team at our service include:

- Weekly meetings to review client outcomes, goals and future therapy plans
- Daily communication between team members
- Clients are able to access all their therapists at the same clinic or our therapists are able to travel to the client
- Our therapists can provide interdisciplinary reports for NDIS funding