



WHO ARE WE?

Accredited Exercise Physiologists (AEPs) are university qualified allied health professionals who prescribe exercise to help their clients improve their health and wellbeing.

An AEP will work with you to ensure you have the best quality of life. AEPs work in a variety of settings including private clinics, community organisations, aged care facilities, hospitals and for government funded service providers.

An AEP consultation might involve:

- joining a group exercise class with people of similar age and ability and with like-minded goals
- individual exercise assessment and prescription
- hydrotherapy classes to manage weight, mobility or arthritis
- in-home assessments and design of an exercise program you can do safely in your own home

HOW DO I ACCESS AN AEP?

The cost to see an AEP varies with each provider. In some cases your treatment may be funded by the Government including:

- On referral from your GP as part of a team care arrangement gateway to determine your assessment availability
- Many government and non government providers offer AEP services- contact the My Aged Care



AEP delivered group exercise sessions aim to be affordable and may be subsidised by service providers.

You can see an AEP privately to address your individual health needs



THERESE'S STORY

I'm in my 80s and 5 years ago I had a bad fall at my local shopping centre.

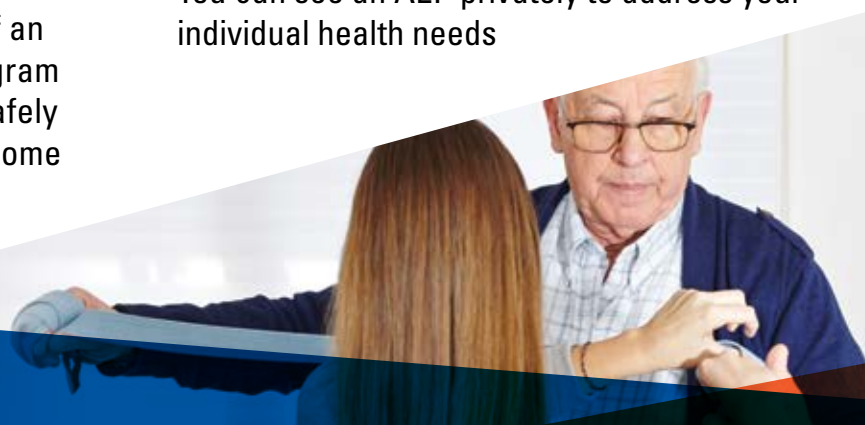
As a result I lost a lot of confidence and started to restrict the things I did, such as going to the shops and to church, for fear of falling again. A friend suggested I go to the local day therapy centre and start exercises with an exercise physiologist.

Five years on and my life is my own again. My strength

and balance have improved markedly and my confidence to go out and about has returned.

Exercise helps keep you strong, mobile and engaged with life.

I would recommend exercise for any older person. Exercise helps keep you strong, mobile and engaged with life.

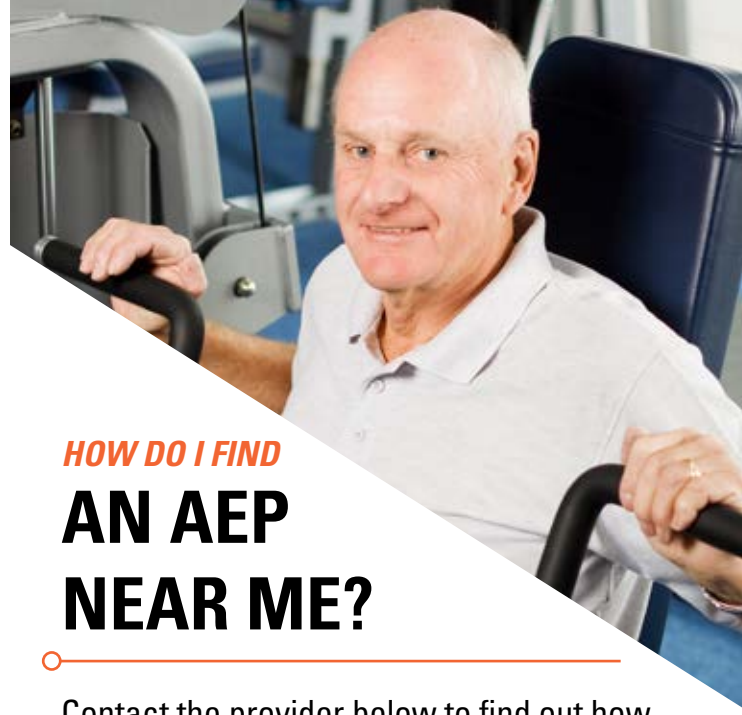


HOW CAN AN AEP HELP ME?

AEPs see clients individually and conduct a variety of group exercise programs.

An AEP can help you to:

- prolong and maintain your independence
- optimise your brain health
- improve your balance confidence
- increase your mobility
- get your strength back following an illness, injury or operation
- increase your general fitness



HOW DO I FIND AN AEP NEAR ME?

Contact the provider below to find out how they can help you to improve your health and wellbeing.

OR YOUR LOCAL ACCREDITED EXERCISE PHYSIOLOGIST IS:

You can also find an AEP near you by using the ESSA 'Find an AEP' search function on our website.

WWW.ESSA.ORG.AU



**ACCREDITED
EXERCISE PHYSIOLOGISTS**

**HELPING
AUSTRALIANS
AGE WELL**

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