



**BEST
HOME
THERAPY**

*Tailored Allied Health
Solutions*

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Our STORY



At Best Home Therapy (BHT) we strive to provide compassionate, caring, and excellent evidence based care to all of our clients.

Cameron founded BHT after returning from working overseas in a variety of different specialist care settings. On return to Melbourne, he found a lack of professional evidence-based care throughout the community allied health setting. Seeing an opportunity to improve service delivery, BHT was formed with the goal to offer a high standard of client centered care.

Cameron has contributed to published works within the neurological physiotherapy field, in particular the areas of pain science, whilst currently completing his PhD on brain function. With skills and understanding developed through clinical experience, BHT was born to provide high quality, evidence based holistic care to achieve the BEST clinical outcomes for the individual and to empower and facilitate a client's independence.

Working with clients to understand their specific needs is key to providing quality care.

West
OUR TEAM

Management Team



Cameron Little

Owner/Director
APA Titled Sports Physiotherapist

Kathryn Little

Accounts Manager



Jo Rule

Practice Manager



Occupational Therapy

Kate Richie

Occupational Therapist



Jessica Manssour

Occupational Therapist



Meet
OUR TEAM

Physiotherapy

Shaeley Klemke
Physiotherapist



Scott Thompson
Physiotherapist



Shruti Dua
Physiotherapist

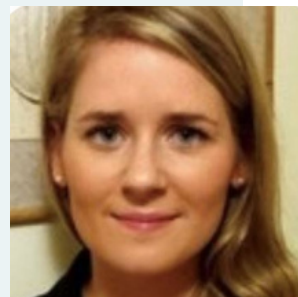


Speech Pathology

Kendra Tabor
Speech Pathologist



Felicity Purbrick
Speech Pathologist

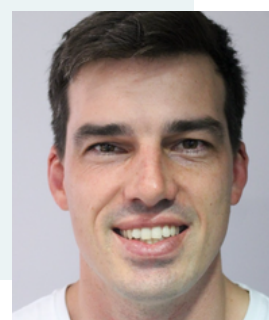


Strength & Conditioning/Therapy
Assistant

Jehan Abeysekera
S&C Specialist/Therapy Assistant



Bryce Hall
S&C Specialist/Therapy
Assistant/Behavior
Analysis



Our clients are at the heart of everything we do

At BHT we are committed to providing quality care and support for our clients, and high quality support for our referrers that fits into our key values. These include:

- Empathetic care
- Expert guidance
- Family values

Our team consists of senior practitioners all with a high level of knowledge and confidence practicing within their chosen fields.

BHT believes that to provide the best quality service, an ongoing commitment to learning and research is essential.

BHT uses best quality practices to develop and implement individualised therapy plans, that are guided by attainable and quantifiable client goals.

In working with BHT the client, family and support team can expect:

- Caring and compassionate service
- Expertise
- Measurable, accountable outcomes
- Clear and consistent communication
- A range of innovative treatment strategies
- Experience in managing a variety of conditions and needs
- Collaborative practice in assisting with case management

What is important to our clients, is important to us, and we are here to be part of their team.



Our PROCESS

Thorough Assessment & Management

From the very start of a client's journey with us, we take the time to listen to them and identify how we can best assist them. Whether an individual requires acute allied health input or has a long standing condition requiring ongoing management, BHT understands that it can often be confronting, scary or frustrating to talk through or repeat their story to multiple parties. As such, we take the time listening to a client's story the first time. Communication is paramount to quality care and as such all stake holders in a client's treatment should expect to receive regular communication from the BHT team to advise on progressions or any challenges that may be faced.



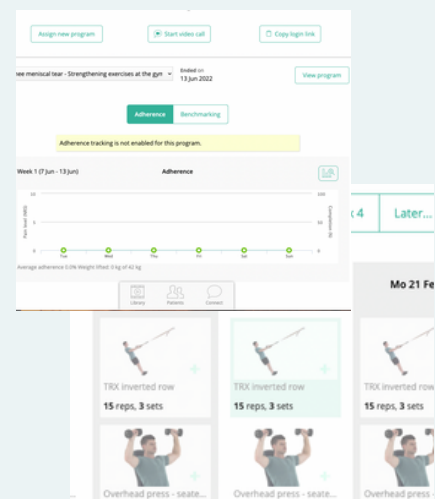
Goal Setting & Targeted Evidence Based Treatment

BHT holds evidence based treatment as one of the core foundations of quality care. The wide experience across varied areas of allied health management additionally means that should one of our clinician not have encountered a particular situation or condition, they can draw on the clinical team for insight and advice.

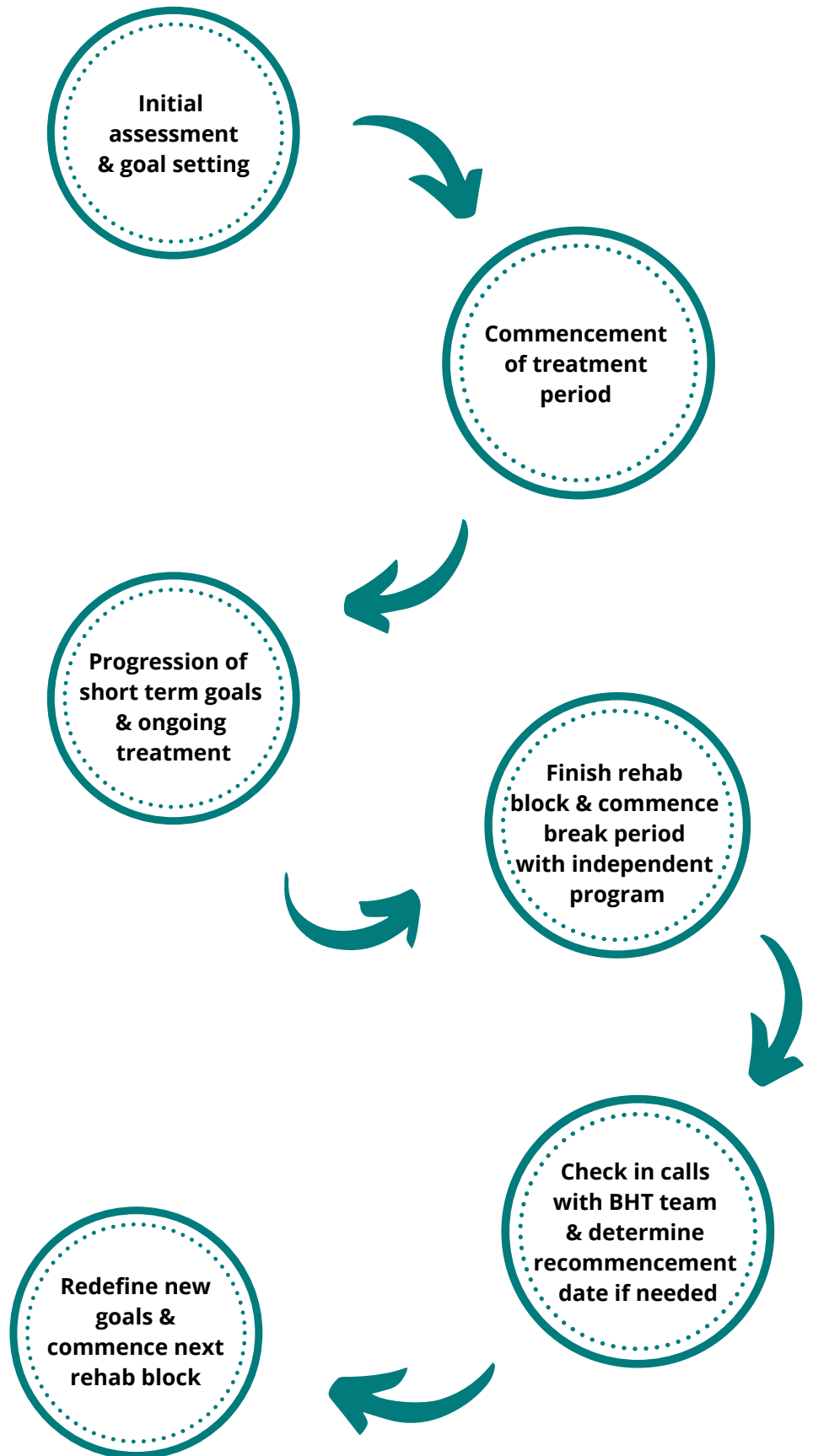
BHT also places a strong emphasis on SMART (Specific, Measurable, Attainable, Realistic and Timely) goals to assist in progressing clients. This format provides measured progressions in client improvement and adaptation as needed as well as helps clients to see their improvements to maintain motivation.

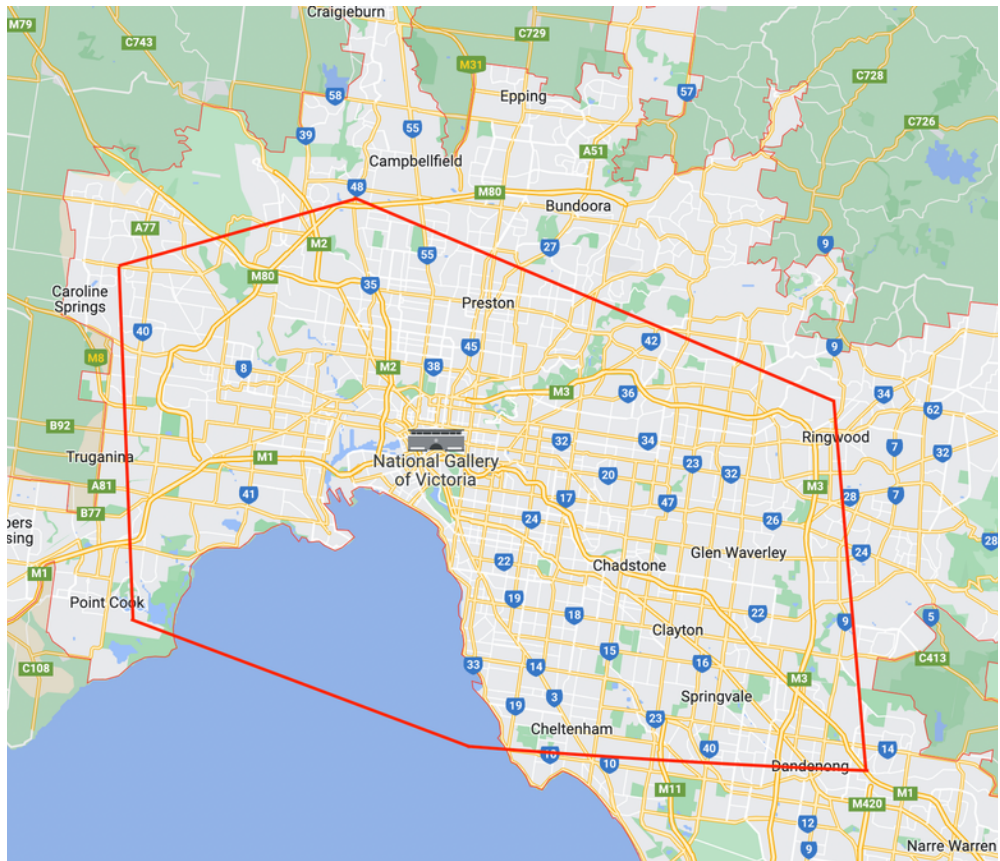
Empowering Independence

BHT believes that empowering an individual to achieve their highest level of independence achieves the best. As such, when appropriate, we structure our intervention periods to operate over a 12 week cycle following by a break period where clients are provided with access to our online exercise program tool and are able to reach out to the team to discuss issues remotely if needed. This break period allows the client to have some time to apply the skills learnt during the treatment period. Durations will differ person to person. During this time our clients will also have access to a remotely monitored home exercise program (picture right). This structure also allows more intensive rehabilitation to be provided, improved client engagement whilst conserving funding when needed. Once the client comes to the end of their break period a new treatment period can commence progressing to the next stage of the clients goals.



The Client JOURNEY





BHT provides services to the following catchment areas around Melbourne

Western municipalities:

- City of Brimbank
- City of Maribyrnong
- City of Moonee Valley
- City of Hobsons Bay (Williamstown, Newport, Altona North)

Northern municipalities:

- City of Moreland
- City of Darebin
- City of Banyule

Inner city municipalities:

- City of Melbourne
- City of Port Philip
- City of Yarra

Eastern municipalities:

- City of Boroondara
- City of Whitehorse
- City of Maroondah
- City of Knox
- City of Manningham (Doncaster, Donvale, Bulleen)

Southeastern municipalities:

- City of Bayside
- City of Greater Dandenong
- City of Glen Eira
- City of Kingston
- City of Monash
- City of Stonnington

Let's get in touch

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www.besthometherapy.com.au

[@besthometherapymelb](https://www.instagram.com/besthometherapymelb)

