

## CPA SERVICES

# CPA Fit Pass

Our clients can self-fund access to our hydrotherapy pool and accessible gym with the CPA Fit Pass.

Our fully accessible hydrotherapy pool is heated to a comfortable 32-34 degrees. The facility includes plinths within the change rooms and hoist or ramp access with pool chairs available.

Following an assessment by your therapist, an individualised program will be developed for you. Your regular support worker can then assist you with your exercises, or you can complete them independently using CPA facilities.

## CPA Fit Pass Prices

- **\$15** per session
- **\$44** monthly pass (gym or pool)
- **\$60** monthly pass (gym and pool)
- **\$720** annual pass



### CPA Allambie Heights Gym



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Allambie Heights NSW 2100



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### Hydrotherapy Pool

The Captain Ron Patrick Memorial pool offers a safe space for people with cerebral palsy and similar conditions to access hydrotherapy to complete their therapy programs and participate in regular physical activity.



### Accessible Gym

CPA's fully accessible gym and clinic facilities offer people with cerebral palsy and similar conditions access to specialised equipment, in a practical and supportive exercise environment.



# Which option suits your needs?

	CPA Fit Pass	Community Gym / Pool	Group Exercise Physiology	Allied Health Assistant
Client requires specialised equipment / accessible facilities	✓		✓	✓
Client requires hydrotherapy pool (32-34 degrees)	✓	✓ Ensure recommended pool meets these requirements	✓	✓
Client can complete program independently or has a regular support worker that can be upskilled to assist them	✓	✓	*	
Client has inconsistent support staff and requires support to follow program			✓	✓
Client has community participation goals		✓		
Client has social participation goals			✓	
Clients program required regular updates (due to increases in strength, fitness balance, or expected decline based on diagnosis/ medical)			✓ Most responsive option	✓ Second most responsive
	Total recommended Exercise Physiology = 7 hours	Total recommended individual Exercise Physiology = 6 hours individual EP (+ travel)	Total recommended Exercise Physiology = 40 EP Group + 9 hours individual EP	Total recommended 40 AHA & 12 hours individual EP

\*DSP/ family member may still be required for group participation if client needs 1:1 support for motivation, transfers or personal care during session. All DSP/family members supporting access to the pool will be required to complete a health screening.