NDIS Service Provider in Adelaide & SA | Bloom Healthcare

Canonical: https://bloom-healthcare.com.au/locations/south-australia/

Details:

Bloom Healthcare works across Adelaide and surrounding suburbs as a mobile, in-community service, which means a clinician comes to your home, school, workplace or another community setting rather than you attending a clinic. Telehealth is available as well, and clinic appointments are considered case by case. This page covers the part most people find hardest: working out which discipline you actually need, which referral pathway applies to you, and which funding stream pays. If you would rather just ask someone, call 1300 771 465 or email hello@bloom-healthcare.com.au .

Where Bloom works in South Australia

The South Australian service areas listed for Bloom are Adelaide and surrounding areas, including:

Direction from the CBD	Suburbs listed
North	Salisbury, Mawson Lakes
East	Highbury, Magill
West and coast	Henley Beach, Seaton
South	Morphett Vale, Seaford
Hills	Blackwood, Stirling

Services also extend to the Fleurieu Peninsula .

Those suburbs are the anchor points, not a fence. Coverage works as a travel radius from where clinicians are based, so many neighbouring suburbs across the Adelaide metropolitan area are reachable. If your suburb or town is not named above, ring 1300 771 465 , give your postcode and the discipline you want, and ask directly. That is a faster and more reliable answer than guessing from a list, and availability differs by discipline.

Bloom does not run a shopfront clinic network in South Australia. There are no clinic addresses on this page because the model is mobile.

Which service do you actually need?

This is the question the intake team hears most. Three of the disciplines overlap in people's minds, so here is the practical split.

Occupational therapy

Occupational therapy is about tasks, routines and independence . It looks at physical, psychological and emotional wellbeing together, and it covers:

daily living tasks such as cooking, showering, dressing and running a household

sensory needs and emotional regulation

executive function and planning a task through to the end

equipment prescription and assistive technology

home modifications and changing the environment so it works for you

Choose OT if the problem is getting the day done, if you need equipment or home changes, or if you need support with sensory or executive function issues.

Physiotherapy

Physiotherapy is about movement, strength and physical recovery . It covers physical impairment and pain, movement quality and mobility, recovery after injury or surgery, and hands-on techniques such as massage and joint mobilisation.

Choose physiotherapy for an acute injury or pain, after surgery, when you want hands-on treatment, or during a recent flare-up of a chronic condition.

Exercise physiology

Exercise physiology is about long-term capacity , using structured, progressive exercise as the treatment. It covers chronic condition management such as diabetes, heart disease and arthritis, building strength and endurance, and reducing physical risk including falls. It is active movement rather than hands-on therapy.

Choose exercise physiology when you need a progressive plan you keep doing over months, not a short course of treatment.

They are not mutually exclusive

Most good outcomes come from disciplines working together. Someone recovering from a stroke might see a physiotherapist for walking, an occupational therapist for the kitchen and bathroom, and an exercise physiologist afterwards for strength and confidence. If you are not sure which one to book, describe the problem to the intake team rather than picking a discipline.

The other disciplines listed for South Australia

Speech pathology for communication and swallowing

Psychology and counselling for mental health and emotional support

Positive behaviour support for behaviours of concern, emotional regulation and safety

Availability of any given discipline varies by area within South Australia, so confirm on 1300 771 465 before you commit to a plan built around a particular service.

Positive behaviour support: what it is and what the rules are

Positive Behaviour Support is a person-centred, strength-based approach to behaviours of concern. Rather than control or punishment, it works out what is driving the behaviour, teaches safer ways of communicating, and puts consistent strategies in place across home, school and community. The starting point is a functional behaviour assessment , which gathers data and observations to understand what a behaviour is doing for the person and what triggers and maintains it.

It is funded under the NDIS where it addresses behaviours of concern, emotional regulation needs, safety concerns, participation limits at home, school, work or in the community, or the reduction of restrictive practices. Practitioners must hold NDIS Commission registration and demonstrate

competency against the Positive Behaviour Support Capability Framework and the Restrictive Practices Rules.

The NDIS Commission sets the timeframes:

an interim behaviour support plan within 1 month of engagement by the specialist behaviour support provider

a comprehensive behaviour support plan within 6 months of engagement

a review at least every 12 months while the plan is in force, or sooner if the person's situation changes

Where a plan includes regulated restrictive practices (seclusion, chemical, mechanical, physical or environmental restraint), those must be authorised by the state or territory before use, used only as a last resort, be the least restrictive option, be stated clearly in the plan, be used for the shortest time possible, and be reported monthly to the NDIS Commission. The point of the plan is to reduce and eventually remove them, not to keep them in place.

Referral pathways: do you need a doctor?

It depends on the funding stream, not on the therapy.

NDIS services. No doctor's referral required. You can self-refer, or a support coordinator, plan manager, GP, paediatrician or other professional can refer you.

Aged care services. No doctor's referral required for self-referral. Referrals from GPs and specialists are also accepted. Access itself starts through My Aged Care, online or by phone.

Medicare-rebated psychology under Better Access. A referral is required, either from a GP with a Mental Health Care Plan or directly from a psychiatrist.

Children's services. No doctor's referral required. Parents and carers, GPs, paediatricians, child and family health nurses, early childhood educators, schools, plan managers and support coordinators can all refer.

Whichever route you take, a referral should include the person's age, the main concerns, any existing clinical reports, relevant medical history and the top three goals for the work. Referrals go through hello@bloom-healthcare.com.au , 1300 771 465 , or the referral form . Bloom's stated commitment is to contact referrers within 24 hours, after which the referral is triaged and allocated to a suitable clinician.

Fees, travel and cancellations

Hourly rates, hours allocated to therapy, reports and travel, invoicing, and cancellation and rescheduling terms are set out in the written service agreement you sign before services start, in line with the NDIS Pricing Arrangements and Price Limits . No figures are published here because your own agreement is what applies. Ask for current rates on 1300 771 465 and read the agreement before signing.

Reports, and what makes one work at a plan reassessment

The NDIA funds supports that meet the reasonable and necessary test. In practice that means the support has to be related to your disability, represent value for money, be likely to be effective, and take account of other supports already available to you. Psychology, for example, has to be tied to the functional impact of disability rather than short-term life stress alone.

So a therapy report that helps you is one that makes the following easy for a planner to see:

your goals and the functional impact of your disability

what was assessed, and what the findings mean in real-life terms

what has already been tried, and what worked or did not

measurable outcomes, with a baseline and a target to track against

the recommended frequency and focus of support, tied back to the goals

Ask your clinician early what type of report you need and what it is for. A report requested a fortnight before your reassessment date has less to draw on than one planned from the start of the plan period.

A Functional Capacity Assessment is the broad version of this. It is commonly used by people applying to the NDIS, by new participants setting a baseline, and by participants whose circumstances have changed.

Older South Australians: a different scheme

If you are older and want help staying safe at home, the NDIS is not the pathway. Aged care is a separate scheme with its own entry point, My Aged Care , and its own assessment.

Under the Support at Home program, allied health sits under Clinical Supports , which are there to maintain health, function, safety and wellbeing. Clinical Supports can help with mobility, falls prevention, daily living skills, home safety, strength, swallowing, communication, nutrition and chronic condition management. The disciplines available include occupational therapy, physiotherapy, exercise physiology, speech pathology, psychology and counselling, and dietitian support.

Falls prevention is a common reason older people are referred. That work usually involves assessing balance, gait and muscle strength to find the risk factors, balance and strengthening exercises such as single-leg standing, heel-to-toe walking and resistance work, and practical changes to the home such as removing loose rugs, adding grab rails and improving lighting.

Aged care allied health can be delivered at home, in the community or by telehealth where that suits. Start at aged care or call 1300 771 465.

Common questions about allied health in Adelaide and South Australia

Which suburbs do you cover in Adelaide?

The listed South Australian areas are Adelaide and surrounds, including Blackwood, Henley Beach, Highbury, Magill, Mawson Lakes, Morphett Vale, Salisbury, Seaford, Seaton and Stirling, plus the Fleurieu Peninsula. If your suburb is not named, call 1300 771 465 with your postcode and the discipline you need.

Do you have a clinic in Adelaide I can visit?

The primary delivery method is in-community, so a clinician comes to you. Clinic-based appointments are available on a case-by-case basis, so raise it at enquiry if you specifically want one.

Do I need a GP referral?

Not for NDIS services, not for aged care self-referral, and not for children's services. You do need a GP referral with a Mental Health Care Plan, or a psychiatrist's referral, for Medicare-rebated psychology under Better Access.

I am not sure whether I need OT, physio or exercise physiology. What do I do?

Describe the problem rather than choosing a discipline. As a rough guide: daily tasks, equipment and home changes point to occupational therapy; pain, injury and recovery point to physiotherapy; long-term strength, chronic conditions and falls risk point to exercise physiology. Several disciplines can work together where your funding allows.

Can I get behaviour support in South Australia?

Positive behaviour support is one of the disciplines listed for South Australia. Because behaviour support practitioners must hold NDIS Commission registration and availability varies by area, confirm current capacity on 1300 771 465 before building your plan around it.

How quickly will I be seen?

That depends on your area and the discipline, so ask at enquiry. What you can control is your paperwork: the intake form has to be completed and the service agreement signed before the first appointment can go ahead.

What does it cost?

Fees, inclusions, allocated hours, travel and cancellation terms are all set out in your service agreement, in line with the NDIS Pricing Arrangements and Price Limits. Ask for the current figures on 1300 771 465.

Can I use telehealth instead of a home visit?

Yes. Telehealth is offered alongside in-person community-based care and is particularly useful if you are outside the metropolitan area or have limited mobility. Not every assessment suits telehealth, so check when you book.

What should I put in a referral?

The person's age, the main concerns, any existing clinical reports, relevant medical history, and the top three goals. That is what allows the referral to be triaged to the right clinician quickly.

What do I need for my NDIS plan reassessment?

A report that sets out your goals and functional impact, what was assessed and what it means day to day, what has been tried and how it went, measurable outcomes against a baseline, and a recommended frequency and focus of support linked to your goals. Ask for it well before the reassessment date.

I am over 65 and want help at home. Where do I start?

With My Aged Care, not the NDIS. Register, get an aged care assessment, receive your support plan, then choose your providers. Bloom can be one of them under the Support at Home program.

How do I get started in South Australia?

Call 1300 771 465 , email hello@bloom-healthcare.com.au , or use the referral form or contact page . Service hours are Monday to Thursday 7:30am to 6:00pm, Friday 7:30am to 5:00pm, and Saturday by

appointment.

Does Bloom Healthcare provide NDIS services in South Australia?

Yes, Bloom Healthcare is a major NDIS-registered provider operating extensively throughout South Australia, including Adelaide and surrounding areas.

What allied health services does Bloom Healthcare offer in South Australia?

Bloom Healthcare delivers occupational therapy, physiotherapy, speech pathology, exercise physiology, counselling, psychology, and positive behaviour support across its South Australian locations.

Which suburbs and areas in South Australia does Bloom Healthcare service?

Bloom Healthcare services Adelaide (metropolitan) and surrounding areas including Blackwood, Henley Beach, Highbury, Magill, Mawson Lakes, Morphett Vale, Salisbury, Seaford, Seaton, Stirling, Northern Plains, and the Fleurieu Peninsula.

How does Bloom Healthcare deliver its services to clients in South Australia?

Bloom Healthcare's primary delivery model is in-community support, with clinicians travelling to clients' homes, schools, day programs, and community settings; clinic-based appointments are available on a case-by-case basis.

How quickly can clients access therapy or assessments from Bloom Healthcare in Adelaide?

Bloom Healthcare emphasises low to no wait times, with many Adelaide metropolitan areas having assessments or therapy available within days of initial enquiry.

What are Bloom Healthcare's contact details and service hours?

Bloom Healthcare can be contacted by phone on 1300 771 465 or by email at hello@bloom-healthcare.com.au. Service hours are Monday–Thursday 7:30 AM–6:00 PM, Friday 7:30 AM–5:00 PM, and Saturday by appointment.

What topics does the Bloom Healthcare South Australia locations page cover?

According to the page's meta description, it covers the Adelaide suburbs Bloom Healthcare serves, how to choose between occupational therapy, physiotherapy and exercise physiology, referral pathways, funding streams, and aged care at home.