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What is Allied Health?

Allied health refers to a diverse range of healthcare professions that work closely with doctors, nurses and pharmacists. Allied health professionals play an important role in supporting, diagnosing, treating, and/or rehabilitating patients to assist them to improve their quality of life.

Working together provides care that is centred on each individual and ensures individuals receive holistic and integrated care.

- **Social workers** provide person-centred services that support individuals, families, and communities to overcome challenges and improve their wellbeing. Social workers focus on promoting social justice, enhancing mental health, and providing guidance to find appropriate supports through difficult, and sometime life changing, situations. They offer tools and strategies to improve mental health, cope with life's difficulties, and achieve personal goals.
- **Psychologists** conduct diagnoses of human behaviour, provide therapeutic intervention and support mental and emotional wellbeing.
- **Physiotherapists** assist individuals to improve their movement, manage pain, and prevent injuries. They offer tailored treatments that enable individuals to achieve their health and wellness goals.
- **Exercise Physiologists** use physical activity to manage and prevent chronic conditions, enhance physical performance, and improve overall health. They create personalised exercise programs to support individuals reach their health and fitness goals.
- **Podiatrists** diagnose, treat, and prevent foot and lower limb conditions. They ensure foot health, mobility, and comfort, and assist individuals to move more easily and live with reduced pain.

- Occupational Therapists assist individuals to develop or regain independence in daily living activities. They support people to overcome challenges related to physical, mental, developmental or age related conditions, enabling them to better live full, independent fulfilling and productive lives.
- Speech Therapists – (or Speech Pathologists) diagnose and treat communication, speech, language, and swallowing disorders. They improve communication skills to enhance quality of life.
- Dietitians specialise in food, nutrition, and overall wellbeing, by providing expert advice on eating plans for health and disease management to manage various health conditions through nutrition.

Allied health professionals are regulated by national boards and professional associations that ensure standards and ethical practice are upheld.

Some allied health services are eligible for Medicare rebates for particular Medicare identified services.