

Position Description

Position Title:	Physiotherapist
EBA / Award:	
Classification:	Grade 2
Reports to Operational:	Towards Change Team Leader
Primary Site:	Yarra Ranges - Lilydale
Last updated:	March 2025

Be part of a major boost to mental health and wellbeing in Victoria!

The Mental Health and Wellbeing Locals are an important part of Victoria's reformed mental health and wellbeing system. The Victorian Government has committed to establishing 50 Mental Health and Wellbeing Locals.

In the Yarra Ranges, Wellways, Eastern Health, Inspiro Health, and Oonah are working together to offer an easy way to access care and support for people aged 26 years and over who are experiencing mental health concerns – including people with co-occurring alcohol and drug support and care needs and their family, carers, and supporters.

Mental Health and Wellbeing Locals are free, voluntary, and easy to access, with no referral required. Importantly, these new services will be delivered on the basis of *'how can we help?'* and a *'no wrong door'* approach, focused on giving choice and control over how the participant wants to receive support.

This new service will make it easier for the participant to access the support they need, closer to home and family, carers, and support networks.

Most importantly, Mental Health and Wellbeing Locals are safe spaces for everyone.

Commitment to Reconciliation

The Mental Health and Wellbeing Local knows that Aboriginal and Torres Strait Islander people have not always been well-served by mental health and disability organisations. Their social and emotional wellbeing has been impacted by generations of trauma, injustice and deprivation. As partner organisations, we recognise our responsibility in addressing these issues of injustice, inequality and stigma as part of ensuring our services are both welcoming and helpful for people and their families. As part of our commitment to reconciliation, we are working to create culturally aware and safe services for First Nations Community Members.

Working together - how we will deliver services

The Mental Health and Wellbeing Local is community-led and integrated through partnership that shares power, creating a responsive, flexible and helpful service.

The Local will operate seven days a week, with extended operating hours to support a flexible and responsive service. The Local Service model will provide integrated clinical support, care, and wellbeing support to participants and their family members or carers. The provided services will be in response to participants experiencing a mental health challenge and co-occurring substance use or addiction. This approach will improve the capacity of individuals to engage in our community and respond to any future psychological distress.



Community

The Mental Health and Wellbeing Local Services will be community-led, and co-production will ensure a diverse range of perspectives are included in the design, delivery, and governance of the Local Services, ensuring it reflects, responds and is accountable to the local community it supports.

Connected

An integrated service system connected through governance (partnership, operational and clinical) systems and workforce ensures people can access the right support at the right time.

Creating capacity for citizenship

Our model of care and governance structure has been designed to create capacity. Our workforce, individuals, and their natural supports recognise and respond to psychological distress and address barriers that prevent people from participating in their community and leading meaningful lives.

Team

This role makes up part of the Towards Change team and is a crucial part of the Victorian mental health reform work that Wellways and its partners are undertaking. This role will be part of a growing service system that places the community in the centre of the Local Mental Health and Wellbeing network across Victoria.

Role Purpose

The Physiotherapist, employed by Access Health and Community, will provide holistic insight into physical health concerns presented by participants accessing the Mental Health and Wellbeing Local in the Yarra Ranges.

The role will work closely with other members of the multidisciplinary team to promote wellbeing and address co-morbidities associated with psychological distress. The physiotherapist is able to provide clinical support for a range of physical health issues, while understanding the interaction of biopsychosocial factors which impact outcomes for participants, carers, and the wider community. They are skilled in developing, maintaining and restoring movement and functional ability to enable participants to engage fully in day to day activities. They will have extensive experience in assessment and diagnosis of physical health issues, with a focus on health promotion and preventative health care which is participant and community-led, inclusive, and values-driven. The physiotherapist may be required to work in a range of community settings, including participants' homes, and may also be required to work on occasional weekends.

How you will make a difference

You will play a vital role in ensuring that participants, carers, and their families receive valuable and supportive physical and mental health care. This role will work with participants to provide psychologically informed physiotherapy services that assess and treat physical health issues co-occurring with mental health issues. Warm referral on to other supports and services both within and external to the Local will ensure that participants have the ability to choose and control the care that works for them. The physiotherapist will play an integral role in changing and shaping the way mental health and wellbeing services and supports are delivered to the Yarra Ranges community through the provision of holistic person-centred care.

Now is your chance to shape the future of mental health and wellbeing in Victoria to ensure that everyone is supported and included.

Key areas of accountability

Area	Deliverable
Assessment and diagnosis	<ul style="list-style-type: none"> Provide consultant expertise in reviewing participants' presenting physical health issues and past interventions, identifying potential gaps and opportunities for support

	<ul style="list-style-type: none"> • Undertake appropriate physical assessments to clarify diagnosis, determine underlying causes of pain and dysfunction and contribute to treatment options for participants
Support and Intervention	<ul style="list-style-type: none"> • Work with participants, their families, carers and other supports to achieve participant goals as outlined in their Wellbeing Plan • Deliver evidence based, goal focussed 1:1 physiotherapy treatment which promotes functional movement, movement awareness, physical activity and exercises • Monitor participants' progress and modify treatment and support options as required • Work collaboratively with the exercise physiologist to offer a range of options for participants seeking exercise and behavioural change programs • Work with the participant and other team members to manage any obstacles or challenges encountered by the participant when working towards their goals • Develop, facilitate and evaluate groups as appropriate • Identify external supports and facilitate referrals on, in collaboration with the participant, if appropriate
Education and Empowerment	<ul style="list-style-type: none"> • Support participants to identify the link between mental health and physical wellbeing and develop their skills to self manage physical symptoms • Provide education on activities that promote health and wellbeing and prevent injury and illness • Educate participants and the broader Local team about the role of physiotherapy in supporting improved mental health outcomes through the assessment and treatment of a range of neurological and musculoskeletal conditions
Community Engagement and Advocacy	<ul style="list-style-type: none"> • Contribute physiotherapy expertise to community engagement activities at the Local • Advocate for participants requiring additional physical health supports, such as access to specialist review

	<ul style="list-style-type: none"> Foster relationships with community groups and organisations that support individuals with mental and physical health challenges, and facilitate access to relevant services and supports
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Key Requirements

Qualification	<ul style="list-style-type: none"> Recognised tertiary qualification in physiotherapy Current registration with AHPRA Eligibility for practising membership of the Australian Physiotherapy Association
Required experience	<ul style="list-style-type: none"> Relevant theoretical knowledge, experience and skills in the provision of evidence-based physiotherapy assessment, intervention and treatment Knowledge of the Mental Health and Wellbeing Act 2022 and the recommendations of the Victorian Mental Health Royal Commission Understanding of, and/or experience in delivering, recovery oriented mental health practice Working with individuals holistically, considering the impact of intersectionality on health and wellbeing Working in a range of community settings, including individual's homes, satellite sites and community locations (gyms, parks, cafes) <p>Desirable:</p> <ul style="list-style-type: none"> Understanding of, and/or experience in delivering trauma informed care Previous experience in a community setting, working with participants with a range of physical and mental health co-morbidities Previous experience as a sole practitioner in a multidisciplinary environment Experience in the utilisation of motivational interviewing
Information Technology	<ul style="list-style-type: none"> Willingness to learn and adapt to technology platforms relevant to the position. Basic skills in Microsoft Office Suite and CRM systems

Compliance	<ul style="list-style-type: none"> • National Police Check • International Police (if required) • Current Working with Children Check-employment • Evidence of right to work in Australia • Australian Drivers Licence • NDIS Workers Screening Check • 100 points of identification • NDIS Workers Orientation Modules – free online course
Other	<p>Open to working across different sites within the Yarra Ranges and work in the community.</p> <p>Welcomed</p> <p>We are committed to employing people with diverse backgrounds and experiences and encourage applications from:</p> <ul style="list-style-type: none"> • People with personal lived experience of mental health challenges or who have cared for someone who has • People who identify as Aboriginal and or Torres Strait Islander • People who identify as gender diverse, living with a disability or culturally and linguistically diverse.

Required Values & Behaviours

Area	Description
Authenticity and Integrity	<ul style="list-style-type: none"> • We will bring our whole selves to the table and work from a position of trust and belief in the other, recognising community and wellbeing belongs to all of us. • We are committed to leading a culture that is helpful and understands people exist and have complex intersectional circumstances that can lead to psychological distress.
Compassion	<ul style="list-style-type: none"> • We will commit to a compassionate approach and understanding leading with curiosity.
Respectful Collaboration	<ul style="list-style-type: none"> • We are respectful and recognise the power in our different experiences and organisations work views and recognise we all have something to learn from each other.

Quality and Safety	<ul style="list-style-type: none"> • Ensure any risks are identified and reported promptly and that prevention strategies are implemented to ensure the safety of all participants. • Ensure and take all reasonable care for your personal safety and the safety of, participants and colleagues. • Actively participate in workplace health and safety initiatives and consult with colleagues and management in relation to issues that impact on the safety of the workplace. • Comply with all Policies and Procedures • Maintain confidentiality as per East Gippsland Mental Health Local policies and procedures and in accordance with relevant privacy and health records legislation. • Actively involve participants and/or carers in quality and safety improvement activities. • Maintain up-to-date immunisation status related to own health care worker category. • Ensure that the principles of general and participant manual handling are adhered to.
People & Culture	<ul style="list-style-type: none"> • Act in accordance with the 'Code of Conduct' and 'Workplace Behaviour' Policies. • Actively participate in relevant professional development. • Display high levels of professional behaviour at all time
Equality and Equity	<ul style="list-style-type: none"> • We will strive for equality and equity in our approach to partnership and the community we serve. • We aim to break down the barriers of power and privilege recognising we come together toward a common goal.
Honesty and Courage	<ul style="list-style-type: none"> • We will have robust feedback mechanisms in our model of care and governance structure to actively engage with community and participants to ensure we are meeting their needs and we are accountable to these. • We lean into difficult conversations realising this is when there is the greatest opportunity to learn.

Excellence and Appreciation	<ul style="list-style-type: none"> • Our work will be evidence based and we commit to continuous quality improvement processes to ensure the people using our service have excellent outcomes.
Commitment to reconciliation	<ul style="list-style-type: none"> • Demonstrates commitment to reconciliation. • Work towards creating culturally aware and safe services for First Nations Community Members.