

Restorative Care Pathway with Concentric

Helping older Australians rebuild strength, confidence and daily function

The Support at Home program is reshaping community aged care, placing a stronger focus on reablement, early intervention, and restorative approaches that help older Australians remain safer, stronger, and more independent at home.

Concentric delivers multidisciplinary allied health programs that support recovery, rebuild confidence, and deliver care, for good through active, goal-oriented therapy. As trusted partners in multidisciplinary care teams, we are already supporting pathway delivery across Australia, providing integrated services tailored to each person's goals, needs and home environment.

Who we support

For families looking for independent living, and Care Partners coordinating restorative pathways:

Recovery after a setback - You are getting back on your feet following a hospital stay, a recent illness, or a fall.

Changes in daily confidence - You have noticed a decline in mobility, strength, balance, or safety with everyday activities.

Managing clinical complexities - There is an increased risk of falls, signs of frailty, or changes in memory and communication.

A goal to stay home safely - You want a practical, short-term reablement plan to maintain long-term independence at home.

Our approach

"Doing with, not doing for."

At Concentric, we take a participant-centred approach to therapy, focusing on what matters most to you. We work alongside you to develop meaningful, achievable goals that support you to live independently at home for longer.

Our multidisciplinary team collaborates closely with participants, families, Clinical Care Partners, and broader support networks to deliver meaningful functional outcomes that enhance everyday life.

Interventions are continuously reviewed and adapted based on clinical complexity, individual goals, response to therapy, and restorative outcomes.

From early intervention to complex multidisciplinary care, our clinicians support participants with:

- Mobility retraining, balance support, and falls prevention
- Functional capacity, assistive equipment, and home safety assessments
- Cognitive assessment and strategies to support memory, problem-solving, confidence, and independent living
- Swallowing, nutritional, and communication changes
- Reablement programs following illness, surgery, or hospitalisation





Concentric's restorative care model

1. Understand the person and their goals

We assess the participant within their home environment, identifying functional challenges, safety risks, and opportunities to improve independence and everyday function

2. Build strength, confidence & daily function

Our Physiotherapists, Occupational Therapists, Speech Pathologists, Exercise Physiologists, and Dietitians deliver targeted, goal-oriented restorative support tailored to each participant's functional goals and everyday life

3. Measure progress and plan ahead

We provide clear outcome reporting, goal tracking, and practical recommendations to support ongoing independence and safety at home. Our team works collaboratively through regular case reviews and care planning discussions to monitor progress, refine goals, and adjust supports as needed.

Responsive support

Our Support Partners and clinical teams work collaboratively to coordinate referrals, appointments, stakeholder updates, and reporting. This ensures fast onboarding and a seamless experience at every stage of the restorative pathway.

One team, one goal

Participants benefit from a connected multidisciplinary approach. We build regular case conferences directly into our process, with lead clinicians coordinating care across all required disciplines.

Clear progress and outcome reporting

To support transparency, continuity of care, and informed decision-making for everyone involved, we provide clear progress updates and objective outcome measures.

Real-world care that fits your life



Where you need us:

Delivered in the comfort of your home, out in the community, or at our local clinic.



Goal-driven: Every therapy session focuses on achieving the milestones that matter most to you and your family.



Stress-free onboarding:

A fast, responsive intake process that gets support moving without delays.

Want to Know More?

Concentric works with Care Partners, families, and health professionals to deliver coordinated restorative allied health support under the Support at Home program.

Scan the QR code to learn more, submit a referral, or get in touch with our local team.

