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This information is to help you, your family and carers decide who will take part in your therapy program.

# Allied health assistants

Your therapy team may include doctors, nurses, allied health professionals and allied health assistants (or therapy assistants).

There are many different types of allied health professionals.

Allied health professionals include people like:

* physiotherapists
* occupational therapists
* social workers
* speech pathologists
* dietitians.

Allied health assistants work with one or more allied health professionals to help you meet your therapy goals. Sometimes allied health assistants are known as therapy assistants.

An allied health assistant is different to a disability support worker, personal care attendant or lifestyle assistant.

Allied health professionals directly supervise allied health assistants.

Your therapy sessions may involve only your allied health professional, only your allied health assistant or both people.

# How they work with your allied health professional

Allied health assistants can only be involved in your care if you are seeing an allied health professional.

The allied health professional makes sure that the allied health assistant has the right skills and training to help you achieve your goals.

Your allied health professional gives the allied health assistant clear instructions on the therapy you need.

Allied health assistants complete tasks that the allied health professional tells them to do.

Allied health assistants will let the allied health team know if there are any changes to what you can or cannot do.

The allied health assistant will not change your therapy without first talking to your allied health professional.

# More information

To find out more about working with allied health assistants and therapy assistants, talk to your care or therapy provider.

This document is for information purposes only. It does not replace discussions with or advice from your care or therapy team.

To receive this document in another format, email Allied Health Workforce <alliedhealthworkforce@health.vic.gov.au>.

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Available at [Victorian Allied Health Assistant Workforce Recommendation and Resources](https://www.health.vic.gov.au/allied-health-workforce/victorian-allied-health-assistant-workforce-recommendations-resources) <https://www.health.vic.gov.au/allied-health-workforce/victorian-allied-health-assistant-workforce-recommendations-resources>