



FACT SHEET



What is Immersion Therapy?

Immersion Therapy is an innovative exercise-based therapy that expands on traditional hydrotherapy, by accessing the weightless underwater environment utilising underwater breathing equipment. Immersion Therapy reduces barriers and enables people to improve their physical, mental and social wellbeing under the guidance of an Allied Health professional. Immersion Therapy is award-winning, and evidence based with services focusing on developing unique, individualised experiences tailored to meet the diverse needs and goals of our participants.

Is Immersion Therapy safe?

Safety is our number one priority. Determined2 holds all relevant registrations, accreditations, and insurances for the services it provides. Participants are screened by a doctor to ensure they are medically suitable for the service.

Is it suitable for me?

Immersion Therapy is suitable for most people wanting to utilise the underwater weightless environment to help improve physical, mental and social wellbeing.

What if I am nervous to try it?

Most people have mixed emotions when trying something new for the first time. Our participants attend a free Meet & Greet before deciding if they would like to participate. This is designed to see how it might work for you and answer any questions you may have. It is completely OK for you to decide not to participate at any point.

Can I access the service through NDIS?

Determined2 is an NDIS Registered Therapeutic Supports Provider. We provide services under Capacity Building – Improved Daily Living. Immersion Therapy does not need to be approved or stated in your NDIS plan for you to access it.

Who else can access Immersion Therapy?

Our services are also funded for people with workplace injuries (WorkCover), motor vehicle injuries (LSA), and people supported by an aged care package. Contact us to find out how you can access our service through these various funding schemes.

Where is it located?

Immersion Therapy is delivered at The Parks Recreation & Sports Centre in Angle Park, only 15 minutes from the Adelaide CBD. It is an accessible venue with a variety of changeroom options to suit your needs. There is a pool hoist for people needing to use a chair or sling to enter and exit the water.

Services and Fees

SERVICE	DETAILS	DURATION	COST EX. GST
Immersion Therapy (IT)	Our multiple award-winning and exclusive underwater workout for mind, body and soul.	1 hour (45 minutes in water)	\$185
Exercise Physiology (EP)	Individualised gym, hydrotherapy and consultation services.	1 hour	\$150

Get in touch

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- ✉ bookings@determined2.com.au
- 🌐 determined2.com.au



Registered
NDIS
Provider

How does Immersion Therapy help people?

There are well established benefits of regular physical activity, having good mental health, and being able to participate in the community. Immersion Therapy reduces the barriers that are commonly faced by people with injuries and disabilities to achieving these outcomes.



What qualifications do Immersion Therapy staff have?

Immersion Therapy is delivered by Accredited Exercise Physiologists that have completed specialist training to deliver Immersion Therapy in addition to their Allied Health qualification. An Immersion Therapy Specialist must adhere to all relevant standards and guidelines.

Is Immersion Therapy evidence-based?

Since 2017, Determined2 has been a research partner with the University of South Australia (UniSA) School of Allied Health and Human Performance. We have an ongoing commitment to delivering high quality evidence-based services and to better understand how Immersion Therapy benefits our participants.

How do I begin Immersion Therapy?

The first step for people interested in participating in Immersion Therapy is a Meet and Greet. This is a one-on-one session out of the water to view the service, how it might work for them and confirm if this is a service they would like to do.

We have structured our business to be mostly digital. You can book the Meet and Greet via our website by clicking the button 'Book Now' and following the registration process. After registering the participant will receive an email with additional information and an intake form to complete.

Alternatively, a Meet and Greet can be booked by contacting us during our business hours.

How do I refer someone?

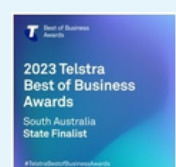
To refer someone to Immersion Therapy, click the button '**Refer Now**' on our website. Alternatively, you can provide us with the participants contact details via email or phone and we will contact them about making the next steps.



SCAN OR CLICK THE QR CODE TO ENQUIRE NOW!



The Parks Recreation and Sports Centre, 46 Cowan St, Angle Park, SA 5010



RESOURCES

Videos



Channel 7's House of Wellness - How underwater Immersion Therapy is changing lives



ABC Adelaide - The power of underwater Immersion Therapy.



Channel 10 - Immersion Therapy Program Set to Expand Service



Channel 9 - World first underwater health program



Channel 9 - Making a Splash



For more videos, visit our video channel!

Online Articles



ABC News - Aquatic centre program offers insights into the power of underwater Immersion Therapy.



ABC News - Clinical trial to begin into Immersion Therapy for brain and spinal injuries



My Plan Manager - Deep dive into... Immersion Therapy.



NDIS - Marie finds new life purpose with improved mobility and independence



NDIS - Mitch discovers calm, confidence and inclusion underwater



NDIS - Will thrilled to be underwater again after long lockdown



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