



THE AGED-CARE CHALLENGE – WHAT IT REALLY MEANS

Behind every falls statistic is someone's mother, learning to fear her own feet.

Aged-care teams carry more than compliance. You carry the dignity of people who raised families and built communities. Physio-Qi Method™ helps them keep moving – with confidence, not fear.

THE AUSTRALIAN PICTURE

248k

hospitalised after a fall each year

AIHW · 2023-24

\$5.4B

health-system cost – #1 of any condition

AIHW · 2023-24

1 in 3

residents had a fall last quarter

AIHW QI · OCT-DEC 2025 (31.9%)

54%

live with dementia

AIHW / DEMENTIA AUST.

The evidence points one way. Decades of research across thousands of older adults associate gentle Tai Chi and Qigong-informed movement with better balance, greater confidence and reduced fall rates. Systematic reviews; outcomes are individual.

THE GAP IN MOST FACILITIES

Two layers are well covered. The third – a physiotherapist-led *group* clinical movement program – is usually missing.

Allied health

Mostly 1:1 and episodic. Valuable – but limited reach across the whole cohort.

Lifestyle activities

Social and important – but not clinically designed, not falls-prevention-focused.

THE MISSING LAYER

Physio-Qi Method™

A physiotherapist-led group clinical movement program – falls-prevention-focused, documentation-ready, for every mobility level.

The solution: Western rehabilitation science woven with Tai Chi and Qigong-informed movement, engineered by an AHPRA-registered physiotherapist – the clinical movement layer your residents are missing.



HOW THE PROGRAM WORKS



WHAT RESIDENTS EXPERIENCE

Picture the room: residents breathing together, standing a little taller, smiling – moving with a confidence they thought was behind them. Gentle, guided, dignified. **No one is excluded.**

Seated Supported standing Standing

Breath Confidence

WHAT YOUR FACILITY RECEIVES

- Physiotherapist-led 60-min group sessions
- Resident suitability framework & risk grouping
- Mobility-level adaptation & documentation-ready reporting
- Premium resident wellbeing & engagement

PRICING & VALUE AT SCALE

Effective value per resident, per session

RESIDENTS ATTENDING	WEEKLY	TWICE-WEEKLY
10 residents	\$90	\$80
15 residents	\$60	≈ \$53
20 residents	\$45	\$40
25 residents	\$36	\$32
30 residents	\$30	≈ \$27

WEEKLY
\$3,600/mo
= \$900 / session

TWICE-WEEKLY
\$6,400/mo
= \$800 / session

Against the **\$99** public / retirement-village rate, the facility package is **premium value that scales** – the more residents who safely take part, the stronger the value. Value at scale, not a discount. Setup & onboarding \$1,500 one-off.

WHY GC INTEGRATIVE

Gary Chen grew up between two worlds – Eastern movement from childhood, Western physiotherapy by training. **Physio-Qi is his life’s work, not a franchise.** AHPRA-registered, with real aged-care delivery across CHSP, Support at Home and residential care – and an East-West clinical model no weekend course can replicate.

90-day pilot 0422 609 824

We won't promise to prevent every fall – no honest clinician would. We bring structured, physiotherapist-led movement, confidence and dignity. Physio-Qi complements existing allied health & lifestyle teams (it does not replace them); individual suitability and outcomes are subject to clinical assessment. Sources: AIHW (Falls 2024; spending 2023-24); AIHW/Dementia Australia (2021-22).