Alice Hill - Physio

My name’s Alice Hill and I graduated from La Trobe in 2005 and I worked at Noah’s Arc as a Paediatric Physio and now I’m lecturing at La Trobe teaching a Paediatric Physio subject.

At Noah’s Arc we take what’s called a family centred approach where we empower the parents of the children that we work with to follow through with the treatment strategies we come up with so we sit down together and find out what their goals of treatment are and together we come up with plans on how those goals might be achieved.

My name is Diana Healy and my son’s name is Alexander Healy. When Alex was born he was only 31 and a half weeks. He was very small, he was only a kilo and a half. He sort of started declining a bit and they couldn’t figure out what was wrong. They thought he might have had an infection and things like that but it just turned out eventually that he had Prader-Willi syndrome. It’s a genetic disorder. At this age it’s mainly low muscle tone that’s the problem, which is why we need the physio.

When we first started working together, Diana his mum was really keen to work on the goal of him being able to be on his stomach and prop on his hands and play with toys that way . Once he could prop up on his hands then we worked on getting him to be able to sit independently. He then achieved that milestone, which was really exciting as well, which meant that he was upright and he was able to communicate with everyone around him rather than being on his back. As a result his communication developed a lot in the process once he was able to sit. Then the goals moved on to being able to stand independently and also walking and now he is walking.

He is determined. He’s a very loving , affectionate child who has got a mind of his own.
Alex is adorable. A very gently character, extremely friendly and loves contact with people. Seeing the gorgeous smile on his face when you’re working on Physio goals is pretty exciting.

Alice was an amazing help the whole time. She was always there when we needed her. You know sometimes we just didn’t know what to do and, you know, there was someone there guiding us. When it’s a stressful time like that it’s invaluable. Your hopes and dreams are for your child to live a normal life.

There’s not a single day that you go to work where you don’t feel like you’ve achieved something and you’re always feeling like you’re helping people. You know, it makes it a really rewarding career.
The great thing about La Trobe University is the students are educated to provide holistic management to patients. We’re taught to look at the whole person and work with them to establish what their goals are and tailor the intervention to meet their goals.

Alice has made a huge difference Alex’s life. Without that he wouldn’t be where he is.