

AMT Fact Sheet

Massage Therapy and Home Care Packages

Why choose an AMT-accredited massage therapist to provide massage services to your HCP clients.

The Association of Massage Therapists (AMT) is a national, not-for-profit association representing around 3500 qualified Massage Therapists and Massage Therapy Students.

AMT members are bound by the AMT Code of Ethics and AMT Code of Practice, a benchmark set of standards for the safe and ethical practice of massage therapy in Australia.

**AMT members hold
Nationally Recognised Qualifications**

They must also maintain:

-  a first aid certificate
-  appropriate insurance
-  ongoing professional development
-  current national police check

AMT members in NSW, Queensland, Victoria and South Australia are also required to abide by the National Code of Conduct for health care workers. This Code sets out minimum standards for all unregistered health care workers. Similar legislation is currently being enacted in Western Australia, Tasmania and the Northern Territory.

Home care packages for Massage Therapy

According to the latest release (January 2023) of the "Home Care Packages Program Operational Manual - A guide for home care providers", Massage therapy is not an exclusion on the list of care services related to Natural Therapies (pg 70), nor is it eligible for other funding streams available to allied health services such as the Medicare Chronic Disease Management Program.

Massage Therapy delivered by a diploma-qualified therapist would fall under either:

- Category 9.2.2 support service to provide rehabilitative support to meet professionally determined therapeutic needs (pg 65)
- category 9.2.3 as “other health service” (pg 66)

Provision of massage therapy through a Home Care Package is consistent with the intent to support older Australians living with complex ageing-related needs.

AMT recommends that therapists hold a minimum Diploma of Remedial Massage under the Australian Qualifications Framework to be recognised as a Home Care Package Provider.

Completed example of Table 9.7 Inclusion/Exclusion Framework Template:

Care Recipients Name Mary Smith

Providers Name: XYZ services

Care or Service: Remedial Massage

Inclusion/exclusion framework (fill in with reference to Inclusions/Exclusions Framework Tool)

Question	Document discussions and considerations
Is the support specifically excluded under the Aged Care Legislation?	Remedial Massage Therapy is not an exclusion on the list of care services related to Natural Therapies (p.70), nor is it eligible for other funding streams available to allied health services such as the Medicare Chronic Disease Management Program. Beauty Therapy services are excluded (p.68). This may prevent Certificate IV qualified therapists from providing relaxation massage services.
Does the support directly align with the intent and scope of the HCP Program?	Yes. Support aligns with the CDC model of service delivery. Depending on the client, service may align with a wellness approach, a reablement approach or a palliative approach.
Does the support pose a risk to the health and safety of the care recipient?	Qualified Remedial Massage Therapists have extensive knowledge of anatomy and physiology, and pathophysiology. They have the appropriate training to determine each client's unique needs, and the clinical expertise to devise a tailored treatment plan.
Does the support pose a risk to the health and safety of staff and the community?	No
Is the support directly targeted at the care recipient, or does it significantly benefit others, instead of the care recipient?	No

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Question	Document discussions and considerations
How does the support align with the assessed ageing related care needs as documented in the ACAT assessment, the providers' own assessment of the care recipient's needs or an assessment by a health care professional?	Depending on the client, massage services may align with a wellness approach, a reablement approach or a palliative approach. Qualified Remedial Massage Therapists can use their clinical expertise to determine the best treatment plan to align with the care recipient's needs.
How does the support assist the care recipient to achieve their ageing related care goals, now and in the short to medium term? Is the support necessary to meet the care recipient's ageing related assessed care needs and care goals?	As above
Has the evidence-base for the support which addresses a particular assessed ageing related care need been considered?	There is manifold evidence of the benefits of massage in the geriatric population. The relevant research would be contextualised to the individual care needs of a recipient. Evidence suggests it can positively ameliorate pain, sleep, and mood states. Massage therapy has also been shown to reduce agitation in those living with cognitive impairment like Alzheimer's. A comprehensive overview of the research is available in the AMT's Classified Research Database which summarises the body of evidence supporting the efficacy of massage therapy for older adults.
Does the support require maintenance to ensure the safe use of the item that represents a significant portion of the budget? Is it difficult to provide the maintenance required?	No
Is there an opportunity cost associated with the support?	No
Will the care recipient miss out on a support identified in their assessment if package funding is used for a large purchase?	
Can the support be provided informally through the community?	No. Qualified therapists are required.
Does the support represent value for money to meet the care recipient's assessed ageing related care needs?	Yes. Most providers charge \$100-\$150 per hour to attend services in client's home.

Determination: The care or service type **Remedial Massage** is an Inclusion / Exclusion (circle one) to the care plan.