

# Rehabilitation

## Day Programs



healthcare<sup>TM</sup>

People First. People Always.



HealthCare is the hospital division of HealthCare. As the largest privately owned network of private hospitals in Australia, we take pride in delivering premium care to our valued clients and patients through specialist services, facilities and medical technology.

HealthCare offers a range of structured outpatient rehabilitation programs along with community nursing services to ensure our patients have access to flexible care options and continuity of care beyond any hospital stay.

Although the length and structure of our programs vary from site to site, each program is delivered by a team of qualified health care professionals including rehabilitation physicians, physiotherapists, occupational therapists, hydro therapists, speech pathologists, nursing staff and allied health professionals.

Programs are individually tailored and designed to maximise patient recovery while providing practical ways of dealing with ongoing disability. We focus on behavioural modifications as a preventative tool to ensure patients continue to live independently in the community.

Our holistic approach to treatment is offered in a safe and supportive environment which is designed to meet the needs of our patients.



## Treatment Programs

Our day rehabilitation programs are designed to assist patients in managing a range neurological, orthopaedic and reconditioning issues following a surgical procedure, trauma or as a result of deconditioning.

Each program encourages an increased level of physical activity to maximise the potential for recovery while providing practical ways of dealing with ongoing disability.

Programs utilise both group and individual methods of treatment. Each program contains structured group sessions which are held throughout the day.

### Day programs

Inpatients can be referred to a day patient program by their treatment team following discharge from one of our Hospitals.

Patients that have not had an inpatient admission require a doctor's referral and need to undergo an assessment prior to commencing a program.

Our programs have a continuous entry and run throughout the year.

### Neurological Program

The Neurological Rehabilitation Program assists individuals return to the highest level of function and independence following a recent brain injury or progressive deterioration.

The aim of the program is to provide opportunities to learn, maintain or adapt skills to function independently.

This program assists individuals with various neurologically related conditions including:

- Cerebrovascular accident (CVA), stroke
- Traumatic Brain Injury
- Parkinson's disease
- Multiple Sclerosis
- Guilliane Barre Syndrome
- Spinal cord degeneration
- Fibromyalgia
- Post-polio management

### Orthopaedic Program

The Orthopaedic Rehabilitation program assists individuals with musculoskeletal conditions following a recent surgical procedure, trauma or as a result of progressive deterioration. Our team provide valuable therapies to effectively treat and manage symptoms associated with:

- Arthritis
- Bone fractures
- Joint replacements
- Osteoporosis
- Scoliosis
- Spinal stenosis

This program enables patients to reduce pain, increase flexibility and mobility, recover lost functions and achieve an improved state of health.

### Reconditioning Program

The Reconditioning Program is designed to increase activity tolerance, optimise the levels of function and mobility, maximise muscular strength and endurance while reducing the risk of falls.

The program will assist individuals that may have had falls, are frail or have medical conditions that have resulted in deconditioning including:

- Individuals that have had an acute surgical intervention
- Individuals with debilitating diseases that require pulmonary or cardiac reconditioning
- Individuals with acute inflammatory arthritis
- Individuals that require assistance with daily activities

Our program is designed to not only restore a range of motion, but also assist patients in understanding how muscle groups work together to support a range of movements.

### Amputee Program

*(Our team is accredited with the Amputee Limb Service)*

The Amputee Program assists individuals that have lost a limb due to a traumatic event or medical condition. Our program is designed to increase the strength and confidence needed to carry out daily living activities and pursue active, independent lifestyles.

Our dedicated team provide a supportive and compassionate environment which is designed to maximise patient outcomes. The rehabilitation process includes:

- Comprehensive mobility instruction
- Functional living practice
- Pre-prosthetic exercises and mobility training
- Post-surgical care and wound healing



### RTA Approved Driving Assessment

Our RTA approved assessment program is undertaken by a qualified Occupational Therapist and ensures that drivers are medically fit and competent to drive.

Individuals that have a long term injury, illness or disability which may affect their ability to drive safely, could be required to undertake an assessment to determine their driving capability.

Older drivers in NSW are also required to pass a practical driving assessment every second year from the age of 85 years in order to retain an unrestricted drivers licence.

### Sessional Therapies

A range of supporting sessional therapies are provided to patients including:

- Physiotherapy
- Speech Pathology
- Occupational Therapy

### Outpatient Services

Our sites provide ongoing support to patients, their families or carers. Follow up appointments can be made with our health care team and wound management is also available for discharged patients to assist in maintaining wellness.

## Community Nursing

Health Care provides quality nursing and homecare services to assist patients in the comfort of their own home. Our qualified nurses work with clients, patients, families and medical personnel to develop tailored care plans that can be scheduled up to 24 hours, 7 days a week.

Health Care's outpatient service allows medical practitioners to continue their patient's care in familiar surroundings. Care programs are customised and periodically reviewed to assist a range of clients including the elderly, people with disabilities, terminal illnesses and those recovering from surgical procedures.

Our focus is to provide ongoing support to our patients and improve health care. Through preventative programs and continuum of care, patients can continue to live independently in the community.

In addition to nursing care, we provide a range of domestic services to assist patients in the home.

## Accessing Treatment Services

### How much does it Cost?

As a general rule, patients with private hospital cover, WorkCover or DVA are insured for treatment in our programs. Patients need to confirm their rebate entitlements with their fund prior to commencement.

Patients who are not privately insured may discuss hospital fees with the Hospital's Admissions Officer.

## Referrals & Admission

Referrals can be made to our day programs by a treating general practitioner, specialist, rehabilitation physician or an accredited doctor with admitting rights to the Hospital. Alternatively, you may contact the hospital directly and we will arrange for an assessment and referral.

A referral form is available to download from our website and must be completed by a doctor.

In addition, you will need to have appropriate rehabilitation goals and undertake at least two therapies. These may include physiotherapy, occupational therapy, speech pathology, hydrotherapy, social work, dietitian or diabetes educators.

On admission patients will need to bring:

- Letter of referral from your treating doctor
- Medicare card
- Health/Pension/DVA Card
- Casual clothing
- Swimwear (hydrotherapy)
- Comfortable footwear and walking shoes

If you would like to know more...

### Rehabilitation Facilities

#### **Toronto Private Hospital**

Cnr Cary Street & Excelsior Parade, Toronto NSW 2283

Tel: 02 4956 0606

Fax: 02 4956 0608

Email: [torontoprivate@healthcare.com.au](mailto:torontoprivate@healthcare.com.au)

#### **Maitland Private Hospital**

175 Chisholm Road, Ashtonfield, NSW 2323

Tel: 02 4933 8400

Fax: 02 4933 8883

Email: [maitlandprivate@healthcare.com.au](mailto:maitlandprivate@healthcare.com.au)

#### **Gosford Private Hospital**

Burrabil Avenue, North Gosford, NSW 2250

Tel: 02 4324 7111

Fax: 02 4323 8118

Email: [gosfordprivate@healthcare.com.au](mailto:gosfordprivate@healthcare.com.au)

### Community Nursing Services

#### **Hunter Nursing**

Suite 2, 2-6 Donnelly Avenue, Toronto NSW 2283

Tel: 02 4959 6711

Fax: 02 4959 3858

[www.healthcare.com.au](http://www.healthcare.com.au)