

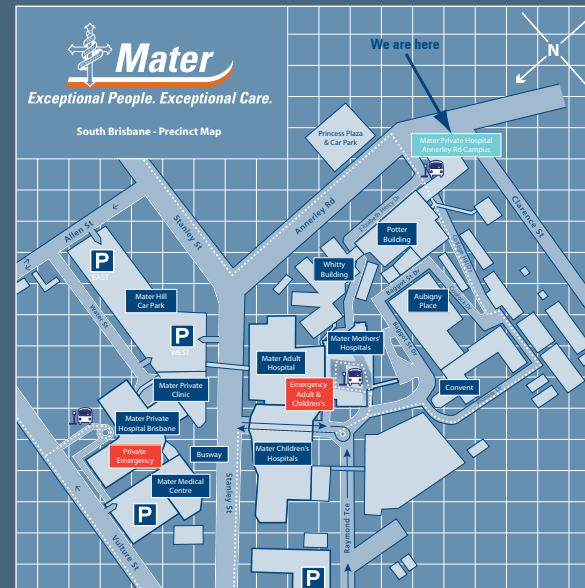


Day Therapy Rehabilitation Service Mater Private Hospital Brisbane

For further information, please contact the rehabilitation coordinator on telephone 07 3163 1946 or 07 3163 1600 or visit www.mater.org.au. Simply search for 'Rehabilitation' and click onto 'Acute Care and Rehabilitation Services'.

Mater Private Hospital Brisbane Rehabilitation Unit

41 Annerley Road (Corner of Clarence Street)
South Brisbane QLD 4101
Telephone: 07 3163 1600
Facsimile: 07 3163 2747



Exceptional People. Exceptional Care.

South Brisbane - Precinct Map

Your individualised rehabilitation program aims to improve areas such as mobility, balance, upper and lower limb strength and function, ability to manage personal care, domestic tasks, confidence to return home, preparation for return to work, driving and leisure skills, communication, pain management, domestic task completion, community living skills, thinking and memory skill retraining, continence or medication self-management.

Day therapy is for people who can travel from their home to the unit one or more times per week.

Day rehabilitation may be suitable for people with:

- neurological conditions, including stroke, Parkinson's Disease, multiple sclerosis, traumatic brain injury, cerebral palsy, or following neurosurgery
- orthopaedic conditions of the upper and lower body such as hip or knee replacement surgery, spinal surgery, lower limb amputation or recovery from fractures
- general reconditioning following prolonged illness, multiple injuries or respiratory conditions, or
- for the management of a range of chronic pain conditions.

Some people may be admitted to rehabilitation after acute illness or injury. Others may have longer term or chronic conditions managed at home but would benefit from a period of rehabilitation. Pre-admission medical review is undertaken for all patients, and recommendations can be made regarding a rehabilitation treatment plan or other options.

The specialised multidisciplinary team at the Mater Private Hospital Brisbane Rehabilitation Unit Day Therapy Service includes the rehabilitation doctor, physiotherapist, occupational therapist, speech pathologist, social worker, rehabilitation assistant, dietician, rehabilitation nurse, psychologist and prothetist/orthotist as required.

Rehabilitation goals

Your rehabilitation goals may include things such as improving your balance and confidence while walking, improving the strength of your arms and legs, regaining your independence for everyday tasks, and improving your memory and thinking skills. Please think about the goals you would like to set for yourself before attending your first appointment.

Your goals will be regularly discussed with you throughout your Day Therapy Program by the therapists and rehabilitation doctor. Our team will also help you and your family to make plans for further follow-up in your local area if this is needed after your Day Therapy Program finishes.

Meals and medications

A light lunch and refreshments will be provided on each day of your program. Please notify the rehabilitation coordinator if you have any special dietary requirements or medications to bring with you prior to commencing the program.

Items to bring with you

Please bring your current medication list and any relevant scans, X-rays or doctors' referral letters to your first appointment. It is best to wear comfortable clothes and well-fitting shoes/joggers for your therapy sessions.

Costs

Funding to attend the Mater Day Rehabilitation Program is generally available through hospital cover with most private health funds, where your rehabilitation needs involve input from at least two health professions (such as physiotherapy and occupational therapy) at each visit. Depending upon the fund you are with, there may be a 'hospital excess payment' to make at the time of your first appointment.

Rehabilitation is also provided for those covered by Veterans Affairs, WorkCover, third party insurance and privately self-funded patients. If you would like to discuss funding arrangements please contact the Mater rehabilitation coordinator prior to commencing the program on telephone **07 3163 1946**.

