

Accommodation

The Rehabilitation Unit has both single and double rooms. Your room will be allocated based on your medical needs and the needs of others in the unit at the time.

Each room is fully equipped with:

- television
- bedside phone
- fridge
- safe.

You also have access to a dining room for meals, and a washing machine and drier are available for patient use.

Items to bring with you:

- loose fitting and comfortable day clothes, and well-fitting shoes/joggers for attending therapy sessions
- jumper/cardigan
- underwear, socks
- sleepwear, dressing gowns and slippers
- personal toiletries
- medications and X-Rays, if coming from home
- small amount of cash for incidental expenses.

Please don't bring large sums of money and/or valuables.



Welcome to Mater Private Hospital Brisbane Rehabilitation Unit.

Rehabilitation—what is it?

Your stay in rehabilitation is designed to help you regain your independence following illness or injury. This may differ from other treatments in that you are actively involved in your rehabilitation.

Our specialist rehabilitation team is here to help

Our multidisciplinary team delivers exceptional individualised care and is committed to helping people achieve their optimum level of functioning. The team collaborates with patients and families to promote a supportive, goal-orientated rehabilitation environment and includes:

- rehabilitation doctors
- rehabilitation nurses
- occupational therapists
- physiotherapists
- rehabilitation assistants
- speech pathologists
- social workers.

Dieticians, podiatrists, psychologists, orthotists and prosthetists are available when required, and pastoral care workers and volunteers are also available to support you during your stay.

Information for visitors

Visiting hours are from 12 noon until 8 pm. Parking is available under the Princess Plaza opposite the Rehabilitation Unit. Short-term metered parking is available in streets adjoining the building.

A range of eateries, Post Office, convenience stores and pharmacies are located opposite the Rehabilitation Unit. There is a vending machine available in the building, but no food outlets.

There is a free taxi phone in the Rehabilitation Unit reception foyer and a free shuttle bus for transport between the Rehabilitation Unit and Mater Private Hospital Brisbane's main block Monday to Friday, 9 am–6 pm.

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



HOSP-005-00762



Exceptional People. Exceptional Care.

Independence after injury or illness

Mater Private Hospital Brisbane
Rehabilitation Unit

Health matters

During your stay, any medical issues you experience will be managed by your doctor. Prescribed treatments will be administered by the rehabilitation nurses, who staff the wards at all times. The wards are attached to an acute hospital, so doctors are available for any emergencies.

Hygiene and nutrition

Making sure your needs are met is extremely important. Therefore:

- The rehabilitation nurses will assist you with meals, showering and other personal tasks if required, and help you regain your independence.
- Most people will be able to learn ways of managing their personal care needs as independently as possible as they improve. Your occupational therapist can also help you find ways to do this.
- People with difficulty swallowing or language issues are treated by the speech pathologist.
- Others who may have special dietary needs or an inadequate diet are referred to a dietician.

Let's get physical!

People generally come to the Rehabilitation Unit with limitations in their movement and reduced strength in their arms, legs or both.

These limitations are treated by a combination of exercise programs, and devices or aids where necessary.

You will attend therapy sessions Monday to Friday in our fully equipped therapy gym. A short gym session is available for some on Saturdays. This is where you will have to be committed to working hard if you are to benefit from your stay with us. The therapists, rehab assistants and nurses will constantly reinforce this with you. You are also encouraged to exercise in your own time.

We are committed to providing a safe environment to support your recovery. It is important not to compromise your safety by walking before you are ready. Please wait for instructions from the staff. These may include:

- restricting your walking to therapy sessions
- only walking with a staff member
- using a particular walking aid.

Your family and friends

Your family and friends can be a valuable help with your rehabilitation. They can provide encouragement, make sure you have the personal items you need during your stay, and attend a family conference with you and your health team if needed.



Case by case

In our weekly "Case Conference" our team will discuss your progress and establish a plan that will guide your care.

If required a family meeting may be arranged so you and our team can establish plans for your future. Family and friends you nominate can also attend.

Memory and thinking

Depending on the nature and severity of your illness, you may experience difficulty with memory and thinking. If needed, these areas will also be checked.

Homeward bound

During your stay your occupational therapist may take you home to check the suitability of your accommodation to help you to live as independently as possible.

Your occupational therapist may suggest modifications, assistive equipment or strategies to use at home for safety.

Beyond the rehabilitation ward

The team can help you to arrange any extra assistance you need when you return home, such as:

- community nurses
- home modifications
- assistance with chores at home (e.g. cleaning).

If you cannot return home, the social worker and other team members will help you to choose alternative accommodation to suit your needs.

Day Therapy Program

Your doctor may refer you to the multidisciplinary Day Therapy Program. This will allow you to continue therapy and your recovery after you return home.

