

# Day Rehabilitation Services

Day rehabilitation offers individualised multi-disciplinary programs based on patient needs and rehabilitation goals. The aim of rehabilitation is to optimise an individual's function and independence.

## Referral process:

 Patients can be referred via our rehabilitation referral form or a written letter from a medical practitioner. This can be sent via email or fax. Once the referral is received, an intake assessment will be completed to determine suitability to our programs and an initial assessment booked with the allied health team and admitting rehabilitation Doctor.

## Program structure:

 An individual's program is determined based on their assessment and varies between 1-3 times weekly, generally across a 4-12 week program. This includes periodic reviews with the admitting Doctor to review progress and case conference with clinical team throughout the program. Our allied health team consists of Physiotherapists, Occupational Therapists, Accredited Exercise Physiologists, Dietitians, Speech Pathologist, Diabetes Educators, Social Worker and a Psychologist.

## Who would benefit:

 An individual may benefit from rehabilitation if they are below their functional baseline and have multidisciplinary rehabilitation goals. This may include those who are below their functional baseline following a hospital admission, surgery, deconditioning following an illness or with a neurological condition.

## Cost:

 Participation in our programs is generally fully covered for those with hospital cover under their private health insurance and those covered by Veterans Affairs. We can also provide for those with approvals through Work Cover and third party insurance. If an individual is not fully covered, we are able to provide an individualised quote.

## Contact:

 [rehabilitation.administration@mater.org.au](mailto:rehabilitation.administration@mater.org.au)  
 07 4727 4659  
 07 4727 4669

For any clinical enquiries please contact the Day Rehabilitation Co-ordinator on **0437 493 461**.

