



Brisbane Waters Private is proud to provide comprehensive, effective and evidence based Day Rehabilitation Services to the people of the Central Coast and surrounding regions.

Day Rehabilitation Services

INFORMATION BROCHURE

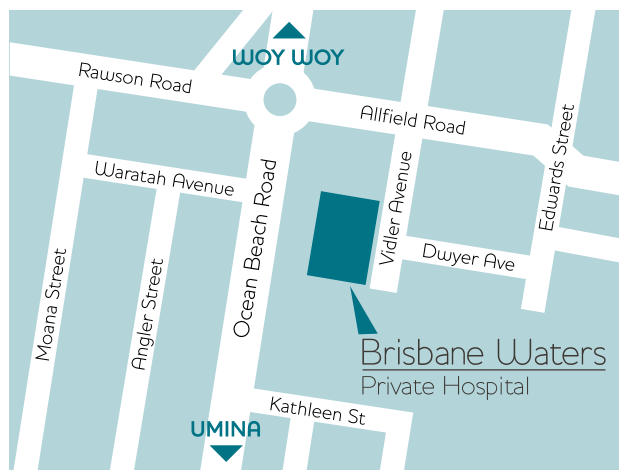
How does the referral process work?

A referral is required to attend Day Rehabilitation. Current inpatients can be referred by their treating physician. This process is normally arranged by the team.

General practitioners, surgeons and treating specialists can send referrals via **fax to (02) 43 424 460**, directly to our Rehabilitation Physicians; Associate Professor Michael Pollack
Dr Stephen Chung and
Dr Arooge Shafi.

What should patients bring?

- Light loose clothing that is appropriate to exercise in
- Appropriate footwear for exercise
- Swimwear and towel if attending hydrotherapy
- Relevant scans or medical reports
- List of current medications
- Any medications that need to be taken during the session



Transport

Holders of a DVA Gold Card will be provided with transport by DVA.

Brisbane Waters Private Hospital will arrange all bookings on behalf of the patient. For those patients who are not with DVA, transport options can be discussed with you.



Brisbane Waters Private Hospital

21 Vidler Ave, Woy Woy NSW 2256
T: 02 4341 9522 F: 02 4343 1234

www.brisbanewatersprivate.com.au



PROVIDING
COMPREHENSIVE
REHABILITATION TO
THE PEOPLE OF THE
CENTRAL COAST &
SURROUNDING
REGIONS

Brisbane Waters Private Hospital

a member of the healthcare group





Brisbane Waters Private Day Rehabilitation Services allows people to benefit from a specialist multidisciplinary rehabilitation team, without the need to be admitted as an inpatient.

DAY REHABILITATION SERVICES

What services are offered?

Reconditioning for people who are finding normal daily activity increasingly difficult due to physical deterioration. No one is 'too old' to benefit from this program.

Neurological for survivors of stroke, transient ischemic attack (TIA), traumatic or non-traumatic brain injury, or any other type of condition involving the nervous system are suitable for this intensive program.

Orthopaedic for people who have undergone hip or knee replacement, recently fractured a bone or have any other musculoskeletal condition requiring multidisciplinary input.

Cardiac for people looking to improve function and to get 'the right advice' after a heart attack, heart failure, heart surgery, or major vascular surgery like cardiac stenting.

PD Warrior Program is an early intervention strategy for people who have been diagnosed with Parkinson's Disease. PD Warrior is a unique therapy approach to help build your confidence, improve your mobility and help you to fight the symptoms of Parkinson's Disease.

Each program is tailored to individual needs, and includes access to:

- Physiotherapy
- Hydrotherapy
- Occupational Therapy
- Exercise Physiology
- Nutrition and Dietetics
- Speech Pathology
- Counselling

Group education and exercise is a vital part of Day Rehabilitation. Groups are run daily by Occupational Therapists, Dietitians, Exercise Physiologists and Physiotherapists. Topics include safety in the home, nutrition during rehabilitation, strength training and many more.

Brisbane Waters Private Hospital Day Rehabilitation is staffed by experienced university trained allied health professionals.

How often should patients attend?

Patients who attend the Day Rehabilitation program most often attend two days per week, for a period of 4-6 weeks, however, this can be adjusted according to need.

Patients attend either a morning or afternoon session with morning or afternoon tea provided.

Can I combine other services with my Day Program?

Yes. We will discuss this with you upon receipt of your referral.

Home services such as domestic assistance, home nursing support or other, can all continue while you participate in your program.

Who pays for the Day Program?

You may be eligible to attend the program if you have health insurance, a DVA Gold or White Card, workers compensation or 3rd Party claim.

Before commencing your program we will check your eligibility and provide you with this information before proceeding.

Brisbane Waters
Private Hospital

