

Inspired by *You*



ST VINCENT'S
PRIVATE HOSPITAL
TOOWOOMBA

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA



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Rehabilitation
Services
INFORMATION FOR PATIENTS AND CARERS

Do you need an INTERPRETER?

The hospital provides a free, confidential interpreting service. Please ask your doctor or nurse to organise one for you.

HA BISOGNO DI UN INTERPRETE? L'ospedale offre un servizio interpreti gratuito e confidenziale. Chieda al Suo medico o alla Sua infermiera di organizzarLe un interprete

¿NECESITA UN INTÉRPRETE? El hospital le ofrece un servicio de intérpretes gratuito y confidencial. Por favor, solicite a su médico o enfermera que lo organice.

ΧΡΕΙΑΖΕΣΤΕ ΔΙΕΡΜΗΝΕΑ; Το νοσοκομείο παρέχει δωρεάν, εμπιστευτική υπηρεσία διερμηνείας. Παρακαλείστε να ζητήτε από το γιατρό ή νοσοκόμο σας να κανονίζει διερμηνέα για σας.

TRÉBA LI VAM TUMAČ? Bolnica pruža besplatnu i povjerljivu službu tumača. Molimo vas, upitajte vašeg liječnika ili medicinsku sestru da vam to organiziraju.

ДА ЛИ ВАМ ТРЕБА ПРЕВОДИЛАЦ? Болница пружа бесплатне, поверљиве услуге преводацтва. Замолите свог лекара или медицинску сестру да вам обезбеде преводацтва.

QUÍ VỊ CÓ CẦN THÔNG NGÔN VIÊN KHÔNG? Bệnh viện cung cấp dịch vụ thông ngôn miễn phí và kín đáo. Xin yêu cầu bác sĩ hay y tá sắp xếp thông ngôn viên cho quý vị.

您需要傳譯員嗎?
本醫院提供免費而保密的傳譯服務。請要求您的醫生或護士為您安排傳譯員。

TERCÜMANA İHTİYACINIZ VAR MI? Hastanemiz ücretsiz ve gizlilik ilkesine bağlı tercümanlık hizmeti sunmaktadır. Doktorunuz veya hemşirenizden size bir tercüman temin etmelerini rica ediniz.

MA U BAAHAN TAHAY TURJUMAAN? Isbitaalku wuxuu bixiyaa adeeg turjumaan oo lacag la'aan ah, qarsoodina ah. Fadlan weydii dhaqtaakaaga ama kalkaalayahaaga inay turjumaan kuu ballamiyaan.

هل أنت بحاجة إلى مترجم؟ تقدم المستشفى خدمة ترجمة مجانية وسريّة. الرجاء الطلب من طبيبك أو الممرضة لترتيب المترجم لأجلك.

THE REHABILITATION UNIT

The Rehabilitation Unit offers a specialised, multidisciplinary rehabilitation program tailored to the individual's needs and goals. Our staff helps patients regain their physical function and daily living skills with the aim of returning them to their previous lifestyle.

ON ADMISSION

A full clinical assessment will be undertaken at the time of your admission. This assessment includes: your temperature; blood pressure; pulse; ECG; urine testing; post residual bladder scan; blood sugar; chest x-ray (if required); weight and blood tests. Any abnormalities will be reported to your doctor.

WHAT TO BRING

- Comfortable day clothes to exercise in. These also allow us to sort out any difficulties with your dressings.
- Well-fitting and comfortable shoes with low heels.
- Toiletries.
- Night wear.
- Medications, prescriptions and medication lists from your pharmacy.
- A small amount of money for incidentals (about \$20).

HEALTH FUND ELIGIBILITY

Check that your health fund covers the St Vincent's Private Hospital Toowoomba Rehabilitation Program.

For further information, please contact the Rehabilitation Unit on (07) 4688 5200.



WHAT TO EXPECT DURING YOUR REHABILITATION

PHYSIOTHERAPY

The Physiotherapist is the member of the rehabilitation team concerned with maximising your mobility and quality of life. On admission your Physiotherapist will assess your condition and, together with you, decide on achievable goals. A treatment program may include gait training, balance activities, exercises and endurance work. You may attend the physiotherapy gym six days a week as necessary. Generally, there are two physiotherapy sessions five days per week. Nursing staff will assist you (if required) to be showered, dressed and ready to participate in therapy sessions by 9am. Patients will also be given an exercise program that they are to initiate at other times during the day.

OCCUPATIONAL THERAPY

An Occupational Therapist (OT) assists patients to achieve independence in their daily activities. Your OT will meet with you on admission and design an individual program to help you achieve your goals. Your OT may focus on the skilful use of your upper limbs and your thinking and memory. Your OT may suggest modified tasks or the use of equipment to assist you to do things for yourself. OT services may include relaxation classes, education in saving energy and making tasks easier and tips for preventing falls at home. You may need some modifications, installations or equipment in your home to make it safe. Your OT may offer a home visit to assess what is needed, help you to obtain the equipment and help arrange any modifications or installations.

CASE CONFERENCE

The multidisciplinary team meet on a weekly basis to discuss your progress through your individualised rehabilitation program.

AFTERNOON SESSIONS

Physiotherapy, OT and nursing staff will provide afternoon education sessions. These sessions may include: relaxation techniques, balance exercises, falls prevention, constipation prevention, continence management, hip precautions and stocking application.

MEALS

Rehabilitation patients are encouraged to have breakfast, lunch and dinner in the dining area.

VISITING HOURS

Hospital visiting hours are between 10am - 8pm, however, rehabilitation sessions require a considerable amount of concentration so we ask that visitors avoid visiting during established therapy times.

ON DISCHARGE

Hospitals are responsible for ensuring all issues that may affect your care after you are discharged from hospital, are addressed before you leave the hospital.

It is vital that any special needs you might have at home, after you are discharged, are identified early so that the appropriate discharge plans can be made.

We encourage patients and their families and carers to discuss any issues or concerns they may have with the doctors, nurses and the Discharge Co-ordinator so that these special needs can be identified.

WHEN YOU GO HOME

Your local doctor and surgeon will receive a summary of your care while you have been in the rehabilitation unit and the plan for your discharge. If you need any ongoing therapy after leaving the unit, your therapists will discuss this with you and make appropriate arrangements.

There are a variety of community services and support that can be arranged to help you and your family. The team can refer you to services such as:

- Community Nurses.
- Domestic assistance.
- Transitional care programs.