

Inpatient & Outpatient Rehabilitation Programme



Overlooking the spectacular Manly Cove, Manly Waters Private Hospital provides both In-Patient and Out-Patient Rehabilitation Services. Our aim is to restore patients to an optimal level of functioning and health by providing expert and excellent care. Our Rehabilitation Unit offers a number of programs including:

- **Neurological (Stroke and non-stroke)**
- **Cardiac Reconditioning**
- **Orthopaedic**
- **Reconditioning**
- **Musculoskeletal**
- **Falls Prevention/ Balance**
- **Respiratory**

Our multidisciplinary rehabilitation team works under the guidance of our Rehabilitation Specialists and in collaboration with the G.P's, Allied health and Nursing staff to create an individual holistic assessment and integrated treatment regime for you.

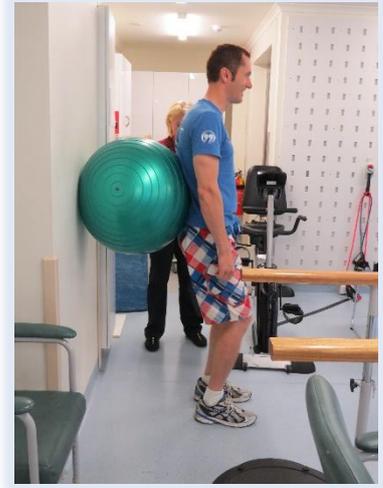
Please take the time to read through the following information and contact us if you have any questions.

You will find our contact details at the end of this brochure.

Inpatients

Which services are available to me as a rehabilitation patient?

- Medical (G.P and Rehabilitation Specialist)
- Nursing
- Physiotherapy
- Exercise Physiology
- Occupational Therapy
- Social Work (if necessary)
- Dietetics (if necessary)
- Podiatry (if necessary)
- Speech and Language Therapy (if necessary)
- Hydrotherapy (if appropriate)



Who will be my Doctor?

On admission you will be assigned to one of our Rehabilitation Specialists – either **Dr Iain Rodger** (MBBS University of Queensland, FAFRM (RACP), FACRM) or **Dr Fariborz Jashnany** (Doctorate of Medicine, MD 1994, AMC Certificate 1998, Fellowship of AFRM 2009)

When will I see my Doctor?

Consultations with your Rehabilitation Specialist generally occur on Tuesdays & Fridays.

What are the Inpatient visiting hours?

Visiting hours are strictly from **3.00pm-8.00pm, 7 days a week** for all patients on a Rehabilitation program.

Will I be exercising every day?

We are proud to be able to offer our rehabilitation services 7 days a week to aid your road to recovery. Please note that it is important for you to play an active part in your treatment plan to optimise your results.

What if I need assistance?

You will be assisted as necessary with your activities e.g. (showering, dressing, mealtimes etc.), however you will be expected to gradually become as independent as possible.

What should I wear to my classes?

We request that you please get dressed in usual day clothes, including functional footwear. Please note non-slip socks are not considered appropriate footwear, with very few exceptions.

What happens when I get discharged?

Following your Inpatient stay, you will be referred as appropriate to either our **Outpatient Day Only Rehabilitation** program or the **Home Based Physiotherapy Service**.

Inpatient Rehabilitation Daily Programme (Monday-Saturday)

Your individual session times will be organised by the Physiotherapist (P.T) and Occupational Therapist (O.T.) and may vary from day to day.

Please note there is no Occupational Therapy on Weekends. Your daily programme **MAY** involve the following:

7:15-8:15		BREAKFAST
		Shower and get dressed in day clothes.
	7:30-8:15	O.T breakfast group (Thursday only).
	8:00-10:00	O.T shower assessments are scheduled during this time (Monday - Friday). This time may involve: Physiotherapy session: Gym, Ward or room based. Independent walking/exercise programme. O.T. session (Monday - Friday).
	9.30-10.15	O.T group (As directed by your Therapist)
	9:30-10:30	Physiotherapy "Joint Circuit" if appropriate for your condition (2 nd Floor Gym).
	9.45-10.30	Hydrotherapy Group – Subject to Medical clearance (Monday - Friday). Please note these sessions are dependent on numbers and times may vary accordingly. The session time includes changing and showering.
10:00-10:15		MORNING TEA
	10:15-12:00	This time may involve: Physiotherapy session: Gym, Ward or room based. Independent walking/exercise programme. O.T. session (Monday - Friday)
	10:30-11:30	Occupational Therapy Group (Monday- Friday), as directed by your Therapist .
	11:00-12:00	Gym Session if appropriate for your condition (1 st Floor Gym).
	11:15-11:45	Conditioning Exercise Class if appropriate for your condition (3 rd Floor Lounge).
12:00-13:00		LUNCH
		Occupational Therapy lunch group in the dining room (Monday - Friday), as directed by your Therapist.
	13:00-13:45	This time may involve: Physiotherapy session; Gym, Ward or room based. Independent walking/exercise programme. O.T. session (Monday - Friday).
13:45-14:00		AFTERNOON TEA
	14:00-16:00	This time may involve: Physiotherapy session; Gym, Ward or room based. Independent walking/exercise programme. O.T. session (Monday - Friday).
	13:45-14:30	Hydrotherapy Group – Subject to Medical clearance (Monday - Friday). Please note these sessions are dependent on numbers and times may vary accordingly. The session time includes changing and showering.
	14:30-15:00	Tai Chi or Conditioning Exercise Class if appropriate for your condition (3 rd Floor Lounge).
	14:30-15:30	Gym Session if appropriate for your condition (1 st Floor Gym).
	16:00	GYMS CLOSED. Allied Health leave for the day. Time for rest, independent mobility and exercises as prescribed by your Therapists.
17:00-18:00		DINNER

Rehabilitation Programme (Sunday)

On Sundays Physiotherapy sessions are held between 10:00-15:00. Your individual session times will be organised by the Physiotherapist (P.T) and they will relay to you which classes you need to be in and when.

Your Sunday programme **MAY** involve the following:

10:00-10:15		MORNING TEA
	10:00-12:00	This time may involve: Physiotherapy session; Gym, Ward or room based. Independent walking/exercise programme.
	10:30-11:00	1 st Stream Open Gym Session (1 st Floor Gym)
	11:00-11:30	2 nd Stream Open Gym Session (1 st Floor Gym)
	11:00-11:30	Tai Chi or Conditioning Exercise Class if appropriate for your condition (3 rd Floor Lounge).
12:00-13:00		LUNCH
	13:00-14:00	This time may involve: Physiotherapy session; Gym, Ward or room based. Independent walking/exercise programme.
	13:30-14:00	Open Gym Session (1 st Floor Gym).
	13:30-14:00	Tai Chi or Conditioning Exercise Class if appropriate for your condition (3 rd Floor Lounge).
13:45-14:00		AFTERNOON TEA
	14:00-15:00	This time may involve: Physiotherapy session; Gym, Ward or room based. Independent walking/exercise programme.
	15:00	Physiotherapists leave for the day. Time for rest, independent mobility and exercises as prescribed by your Therapists.

Outpatients/Day Rehabilitation Program

Day Only Rehabilitation Programs are suitable for those patients who have established rehabilitation needs, do not require overnight inpatient care and whose rehabilitation goals require the involvement of a multidisciplinary team of professionals under the direction of a Rehabilitation Specialist. The Day Only Rehabilitation team consists of Physiotherapists, Exercise Physiologists, Therapy Aides, Occupational Therapists and Dietitians who all work closely to help you achieve your optimum goals.

How soon can I start the Day Only Rehabilitation Program?

If you are transitioning from Inpatients we will schedule your Day Only Rehabilitation assessment before you are discharged and will aim to start you in the program within the next few days. If you are not an inpatient, we will arrange an initial consultation with the Rehabilitation Specialist so that he may conduct a thorough assessment of you prior to you starting the program. Appointments are generally available on a Tuesday afternoons or a Friday.

Do I need a Doctor's referral?

Patients that have not stayed with us as an inpatient must bring a GP/Specialist/Surgeon's referral to the consultation with Dr Jashnany. Please also bring any scans, reports, X-Rays or other documentation that is relevant to your treatment.

Is Day Only Rehabilitation covered by my health fund?

Yes- Funding to attend is generally available through hospital cover with most private health funds. Depending on your health fund, you may have a hospital excess or co-payment to pay at the time of your first session. Our administration team will check this and advise of all costs prior to you starting the program. Rehabilitation is also provided for those covered by the Department of Veterans Affairs.

How long does the program last?

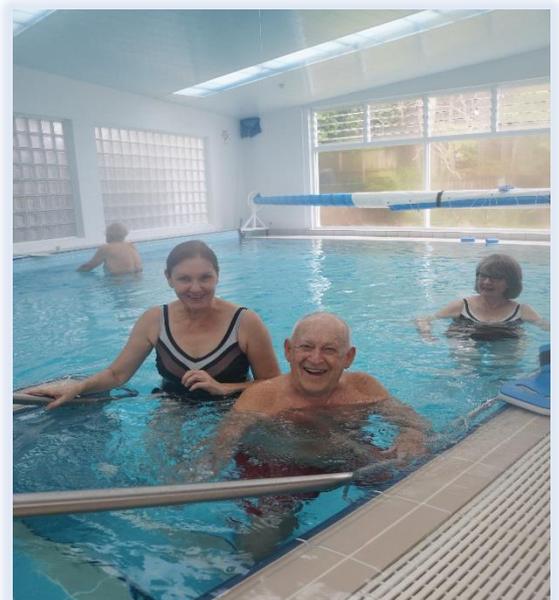
Your goals will be discussed with you at the start of your Day Only Rehabilitation program and the Rehabilitation Specialist will recommend the number of sessions needed to attend to meet these goals. You will be reviewed by the physiotherapists at around the half way point to track your progress.

How often should I attend Day Only Rehabilitation?

All patients are required to attend a minimum of two sessions per week. Sessions are either 2 or 3 hours long depending on your health fund and run from Monday to Friday (except Public Holidays). Please note that your health fund requires 100% compliance in order for the program to be funded by them. It is also a requirement of the facility that compliance be met.

What if I cannot attend a session?

Exceptions can be made if you are too unwell (Gastro or flu- like symptoms) to attend or have a specialist appointment, please ensure you call with plenty of notice to rearrange (not cancel) your session. Remember that our team consists of medically trained experts so if you are suffering from pain or any other symptom, it is all the more reason to attend and be assessed.



What transport options are available to me?

We work closely with [EasyLink Community Transport](#) who provide transport to the Northern Beaches and Mosman at a discounted rate of \$10 each way. We do have our own fleet of cars available to collect patients local to the hospital. Most DVA patients are entitled to taxis to and from the hospital. Please speak to Kellie in the Day Only Rehabilitation office in Reception to arrange transport. Remember it is your responsibility to ensure the transport companies are made aware of any changes to your schedule.

Is there parking?

Parking is available on hospital grounds on a first come, first served basis. Disabled spots are located at the driveway entrance. There is street parking around the hospital for 2 hours.



What should I do on my first day?

On arrival, please proceed to the main reception of the hospital and notify staff that you are here for the Day Rehabilitation Sessions. You will need to sign in and out on each day you attend at the reception desk. A further sign in sheet is required for BUPA patients.

What should I wear and bring to sessions?

Comfortable clothing and non-slip shoes should be worn, towel and swimwear (for those attending hydrotherapy class). It is recommended you wear your swimwear under your clothes to save time between sessions. You are welcome to bring a snack and drinking water is available.

What will I do in a session?

Your first session will involve a full assessment in order to formulate an appropriate program with goals for you. You will either attend a Gym session and a Hydrotherapy session or a Gym session and alternate Gym session such as Tai Chi. You will have varying degrees of input from the Occupational Therapy and Dietetics team as appropriate.

Please note you must have clearance from a Doctor to use the Hydrotherapy pool. The team will discuss the best program for you in your assessment. We also have specialised programs available such as the Parkinson's disease PD Warrior program.

What happens when I get discharged from the Day Only Rehabilitation Program?

When you have completed your Day Only Rehabilitation program you still have the opportunity to continue your exercises and join our Wellness Program which runs for an hour in the afternoons. We offer Hydrotherapy, Tai Chi and Gym sessions along with our fantastic PD Warrior program specifically for patients with Parkinson's disease. The Wellness Program is payable in blocks of 6 sessions by you and you may or may not be able to claim a portion of that back through your health fund depending on your policy and level of 'extras' cover

How do I contact the rehab team?

Phone – (02) 9977 9977

Fax – (02) 9977 4319

Email – manlywaters@macrehab.com.au

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Facebook page



Kerri Clare – Clinical Services Manager
David Shearer – Allied Health/Rehabilitation Manager
Lauren Merrick – Inpatient Supervisor
Alison Metcalfe – Outpatient Supervisor
Kellie Duckworth – Outpatient Coordinator