



Southern Highlands
Private Hospital

Rehabilitation Services



**Southern Highlands
Private Hospital**

Part of Ramsay Health Care

southernhighlandsprivate.com.au

Welcome to the Southern Highlands Rehabilitation Unit

This booklet has been designed to assist patients and their families during their time on rehabilitation at Southern Highlands Private Hospital.



The Rehabilitation Process

Rehabilitation is the process of restoring and maintaining optimal levels of wellness and mobility. To achieve this, the patient, their family and the rehabilitation team work together to maximise function in physical ability, life skills, communication, intellectual and emotional needs. The overall aim of rehabilitation is to achieve the highest level of independence possible, and to support the transition from hospital to the community.

Rehabilitation consists of therapy sessions individually designed to assist in identifying problems and disabilities, which may be preventing patients from achieving personal goals. The rehabilitation program is developed according to each patient's level of skill and ability, and incorporates therapies, treatments and re-training to meet their rehabilitation goals.

Range of Rehabilitation Programs

The Rehabilitation Unit offers a range of comprehensive in-patient programs in the following areas:

- Neurological
- Falls Prevention
- Orthopaedic
- Reconditioning
- Musculoskeletal

Our rehabilitation programs are approved by Private Health Funds and the Department of Veteran's Affairs.

Admission to Inpatient Rehabilitation

Any Doctor can refer patients to the Rehabilitation Specialist for assessment of the patient's suitability to undertake an inpatient rehabilitation program at Southern Highlands Private Hospital.



Referrals can be made whilst you are an inpatient in the Southern Highlands Private Hospital or other hospital care facility, or from your GP.

Following admission to the Southern Highlands Private Hospital, patients referred for rehabilitation will be assessed by an Occupational Therapist, Physiotherapist and a Rehabilitation Specialist.

The Rehabilitation Specialist will use the information from these assessments to determine if the patient meets the criteria necessary to undertake an inpatient rehabilitation program.

If deemed suitable for Rehabilitation, the Rehabilitation Specialist will collaborate with the rehabilitation team, the patient and their family to design a program to meet the patient's needs and set realistic goals. The Rehabilitation Specialist will oversee the Rehabilitation Program throughout the patient's stay at the Southern Highlands Private Hospital.

Your admitting Doctor will remain involved in your care as well, ensuring your medical needs are addressed and met.

The Rehabilitation Team

Southern Highlands Private Hospital Rehabilitation Unit supports a Multidisciplinary approach to health care, involving patient, family and rehabilitation team members to achieve the best possible outcome.

- Rehabilitation Team members include:
- Rehabilitation Specialist
- Rehabilitation Nurses
- Physiotherapists
- Occupational Therapists
- Speech Therapists
- Social Worker
- Discharge Planner
- Dietician
- Clinical Psychologist
- Specialist Consultant

The Rehabilitation Team meets informally several times a week to discuss patient progress towards their rehabilitation goals and to address any concerns.

The Rehabilitation Specialist convenes a formal meeting with the Rehabilitation Team each Thursday. Progress towards goals, further goal setting and discharge planning are discussed and documented. Following this meeting, the Rehabilitation Specialist will meet with each patient to feedback the information discussed.

Families are encouraged to meet with the team members to discuss aspects of the program and how they may assist in helping the patient. Family members may be invited to some therapy sessions to observe treatment and to learn ways to assist the patient.

The length of a patient's admission is individual and depends on their needs. Further meetings involving the patient's family may be considered appropriate, for example to discuss ongoing care and discharge planning. The Discharge Planner will coordinate a suitable time for the rehabilitation team, the patient and the family to meet.

The Patient's Role

The patient is an important member of their rehabilitation team and is consulted in all aspects of their therapy. We aim for the patient to be as independent as possible with qualified staff in attendance to supervise and assist the patient in activities of everyday living. Patient compliance in the rehabilitation process is essential to achieve optimal results. The patient is expected to be involved in all treatment and to attend all therapy sessions.

The following activities are considered part of therapy and the patient is encouraged to carry them out regularly:

- Getting dressed in street clothes daily,
- Showering and Toileting as independently as possible,
- Eating unassisted where possible
- Sitting out of bed for meals
- Getting to and from therapies as independently as possible

Patients are encouraged to wear loose, comfortable day clothes and underwear.

Appropriate supportive footwear is also required. Advice on appropriate footwear specific to patient needs may be obtained from the Occupational Therapist.

Patients attending hydrotherapy as part of their therapy are encouraged to bring swimwear, or appropriate attire to wear in the pool.

Therapy sessions are held Monday to Friday with physiotherapy only held on Saturdays. Sunday is a rest day for patients.

Visiting

Visiting Hours are 10.00am-1.00pm and 3.00pm-8.00pm.

Visitors should understand the importance of rest for the patient.

Visitors are asked to observe therapy times for patients so that the patient may fully focus on their rehabilitation.

Meals

Patients are encouraged to select their meals daily from the menu.

Family, nursing staff, speech therapist and dietician may assist with diet and choice where appropriate.

Meals may be modified to suit individual needs such as thickened fluids, avoidance of allergies, and diabetic diet.

Families are requested to observe these modifications recommended by the rehabilitation team.



Meal Times:

Breakfast:	7.30am
Lunch:	12.30pm
Dinner:	6.00pm

Families may order a meal from the menu for a small charge if they wish to eat with the patient.

Day Leave

Day Leave can be organised for patients who are medically stable and can transfer in and out of a car safely. Whilst Day Leave can provide relief from the hospital, it should not impede any therapies so please consult therapists and nursing staff before planning day leave.

Recreation

The hospital has a variety of facilities, which can be enjoyed by patients and their families during weekends, evenings and between therapies.

The courtyard has a lovely garden to sit in and is accessible for wheelchairs.

The Visitors Lounge has comfortable chairs for patients and family to spend time together.

Cappa's Café opposite Reception provides meals, snacks, refreshments to dine-in, alfresco or deliver to your room during the week.

Patient Rights

Channel 520 on your television outlines patient's rights, responsibilities and how to make a complaint if you have a concern.

Day Rehabilitation

Some patients may require ongoing rehabilitation after discharge from hospital.

Southern Highlands Private Hospital Day Rehabilitation Program offers Allied Health Therapy sessions such as Physiotherapy, Hydrotherapy and Occupational Therapy to assist you to achieve the highest level of function and independence possible.

The Day Rehabilitation Program is appropriate for people who are well enough to attend for 3-4 hours, 2-3 times a week.

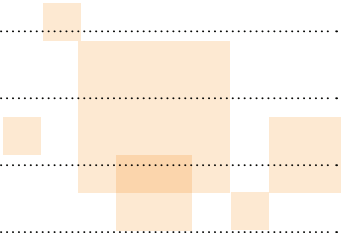
Most Private Health Funds cover the cost of Day Rehabilitation.

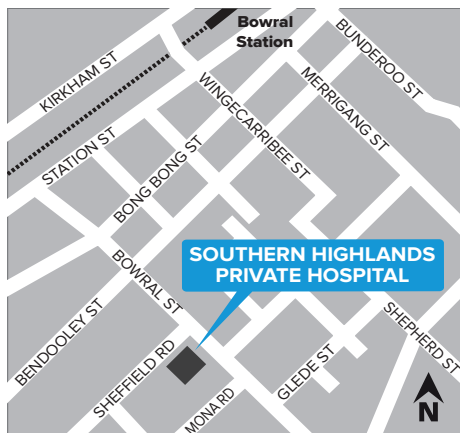
Please see the Nurse Unit Manager, Physiotherapist or discuss with your Doctor if you are interested.



Your notes

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A decorative graphic in the bottom right corner consisting of several overlapping squares of different shades of orange, arranged in a cluster.



NSQHSS

International Standards
Certification



www.jas-anz.org/register



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Part of Ramsay Health Care

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