

Referral to the Stroke Rehabilitation Day Program

If you think you would benefit from attending the Stroke Rehabilitation Day Program, please discuss this with your General Practitioner or treating Specialist and obtain a referral from them.

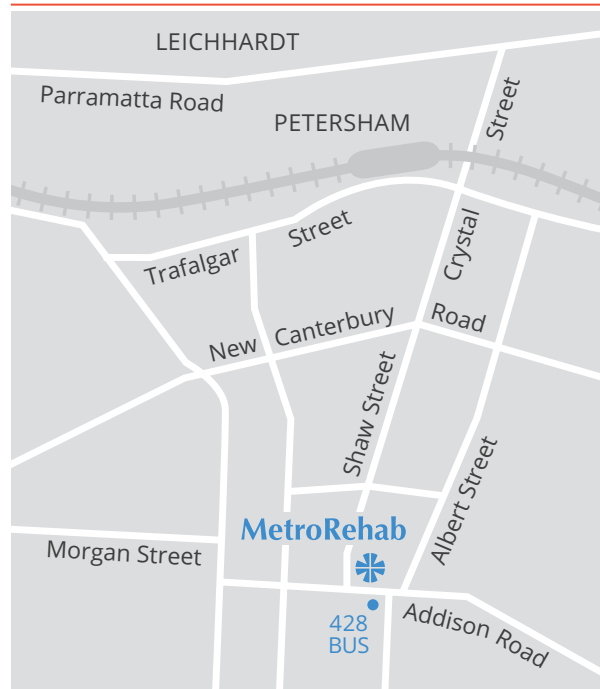
Should you have any queries about our Stroke Rehabilitation Day Program please contact our Day Program Coordinator on 02 8585 4914 or email your query to dayprogram@metrorehab.com.au

Referrals can be completed online at www.sydneystroke.metrorehab.com.au or downloaded and faxed to us on 02 9564 3064.

Once we receive the referral, we organise for one of our Rehabilitation Physicians to assess you. They will work with you to develop a specialised and individualised rehabilitation program to support your stroke recovery and improve your function and independence.

Fees and Charges

MetroRehab Hospital has established contracts with all major health insurers and the Department of Veteran's Affairs to minimise your costs. In most cases the fee is covered by the health insurer, however you should check with your fund if you have any additional charges specific to your health policy. We also cater for full fee paying patients who do not have private health insurance.



Free Parking: Available on-site and in nearby streets.

Public Transport: Bus route 428 Circular Quay to Canterbury via Petersham stops outside the hospital. The nearest train station is at Petersham which is a 15 minute walk from the hospital.

Information: Please contact our Day Program Coordinator on 02 8585 4914 for more information on our Stroke Rehabilitation Day Program.



275 Addison Road Petersham NSW 2049

P 02 8585 4900 F 02 9564 3064

www.sydneystroke.metrorehab.com.au

 The Sydney Stroke Rehabilitation Centre

STROKE REHABILITATION DAY PROGRAM



Excellence in Stroke Rehabilitation



Bioness L300

Who are we?

MetroRehab is an independent private rehabilitation hospital providing inpatient and day program services. The Sydney Stroke Rehabilitation Centre at MetroRehab Hospital specialises in stroke rehabilitation.

Committed to providing specialist programs with professionalism and empathy, we create a warm and friendly environment. Our sole focus is helping our patients achieve a better quality of life through rehabilitation, and we are constantly looking at new ways to help improve outcomes for our stroke patients.

Stroke

Stroke is a leading cause of disability in Australia. Common symptoms following a stroke include weakness of the arm or leg, reduced mobility, communication and swallowing problems, thinking difficulties, fatigue and pain. Many people discharged home from acute hospitals following a stroke continue to experience difficulties related to stroke. If this sounds like you or someone you know, then our Stroke Rehabilitation Day Program may be of assistance.

What is the Stroke Rehabilitation Day Program?

The Stroke Rehabilitation Day Program aims to help you improve your function and independence following stroke.

When you participate in the Stroke Rehabilitation Day Program, you continue to live at home and attend the Sydney Stroke Rehabilitation Centre a number of times per week, as recommended by your treating team. You can access the Stroke Rehabilitation Day Program following an admission to an acute hospital, following an inpatient rehabilitation admission or directly from home or the community.

Your role in the Stroke Rehabilitation Day Program

It is important that you take an active role in your Stroke Rehabilitation Day Program by:

- Attending all therapy sessions
- Practising your prescribed exercises in your own time, as advised by your therapist
- Using the skills you have learnt in therapy in your daily routine to increase your independence

What to wear to the Stroke Rehabilitation Day Program

- Day clothes that are loose fitting
- Supportive footwear
- Swimsuit and towel if participating in hydrotherapy

What the Stroke Rehabilitation Day Program offers:

- A dedicated and highly skilled multidisciplinary rehabilitation team – physiotherapy, occupational therapy, speech pathology, dietetics, psychology and exercise physiology
- Regular review with a Rehabilitation Physician
- Individualised treatment and goal setting
- Well-equipped allied health gymnasium
- Hydrotherapy pool
- State of the art stroke rehabilitation equipment and technology, including LiteGait treadmill training, Bioness foot drop system and Saebo upper limb training
- Excellence in Spasticity Management – Botulinum Toxin (Botox) injections, given by accredited doctors, supported by a personalised therapy program
- Education and support following stroke
- Stroke and Neurological Services Coordinator – an experienced therapist is on-site to ensure the intervention you are receiving is in-line with the latest evidence in stroke care



We look forward to working with you and your family

For more information please contact our Day Program Coordinator on 02 8585 4914