

## Referrals

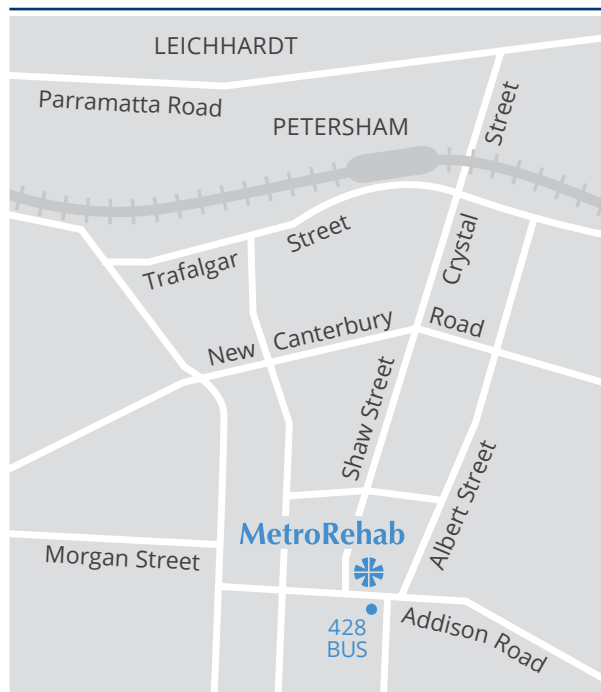
If you think you would benefit from participating in our cancer rehabilitation programs, please discuss it with your Oncology Specialist, Oncology Team or General Practitioner and obtain a written referral from them.

Referrals can be completed online at [www.metrorehab.com.au](http://www.metrorehab.com.au) or downloaded and faxed to us on 02 9564 3064.

Once we receive the referral, we will organise for one of our Rehabilitation Physicians or our Rehabilitation Co-ordinator to assess you. They will work with you to develop a tailored rehabilitation program to support your rehabilitation and recovery following your cancer diagnosis and treatment.

## Fees and Charges

MetroRehab Hospital has established contracts with all major health insurers, the Department of Veterans Affairs, Work Cover and third party insurers to minimise your costs. In most cases the fee is covered by health insurers, however you should check with your fund if you have any additional charges specific to your 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 MetroRehab Hospital on 02 8585 4900 for more information on our cancer rehabilitation services.



275 Addison Road Petersham NSW 2049

P 02 8585 4900 F 02 9564 3064

[metrorehab.com.au](http://metrorehab.com.au)



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Cancer  
...what's the  
next step?

Teaching Affiliations



## MetroRehab Hospital

MetroRehab Hospital is an independent private rehabilitation hospital located in Petersham, close to the Sydney CBD.

Our sole focus is rehabilitation and we pride ourselves on the highest level of care and commitment to our patients.

### What MetroRehab offers:

- Highly specialised multidisciplinary rehabilitation team including:
  - Rehabilitation Specialists & Medical Officers
  - Rehabilitation Nurses
  - Physiotherapists
  - Occupational Therapists
  - Exercise Physiologists
  - Dietitian
  - Speech Pathologists
  - Psychologists
  - Social Workers
- Individualised and group rehabilitation programs
- State of the art rehabilitation facilities including fully equipped gymnasium and heated hydrotherapy pool
- Warm and welcoming environment
- Wholesome and nutritious meals
- Free parking

## Cancer Rehabilitation Inpatient Program

Our cancer rehabilitation services are specifically designed for those with a primary diagnosis of cancer who want to optimise their physical and psychological wellbeing.

Our inpatient program offers a tailored rehabilitation program to suit your individual needs with the ultimate goal of improving your functional capacity and enhancing quality of life following your cancer diagnosis and treatment. Cancer survivors who would benefit from our programs are those who are medically stable, who are physically able to participate in therapy and those who are wanting to attain a better new normal.



### Inpatient Program Details

For all inpatient enquiries please contact our Rehabilitation Coordinator on:

**P** 8585 4906 **M** 0417 200 128

**E** [coordinator@metrorehab.com.au](mailto:coordinator@metrorehab.com.au)

## Cancer Rehabilitation Day Program

Join us for a specialist rehabilitation program dedicated to optimising your health and wellbeing during and after cancer treatments.

Evidence supports that exercise, good nutrition and mindfulness can help manage the side effects of cancer treatment. Our reconditioning program is centred on:

- Helping you maintain your fitness, enhance movement and flexibility, manage pain and fatigue
- Providing you with dietary education and advice
- Assisting you to develop tools and techniques to manage stress and anxiety
- Encouraging you to focus on your wellbeing

Our sessions are conducted in an environment where your experiences can be shared and supported.

You will be encouraged to play an active roll in your goal based rehabilitation program in order to achieve the best outcome.

### Day Program Details

For all bookings and enquiries please contact our Day Program Coordinator on:

**P** (02) 8585 4914

**E** [dayprogram@metrorehab.com.au](mailto:dayprogram@metrorehab.com.au)

[metrorehab.com.au](http://metrorehab.com.au)