


Rehabilitation



**ST VINCENT'S
PRIVATE HOSPITAL**
BRISBANE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

*Information contained within this brochure was accurate at the time of printing (April 2020).
Whilst every effort is made to keep this information up-to-date, it is subject to change.*



At St Vincent's Private Hospital Brisbane, we pride ourselves on providing rehabilitation services, specialising in orthogeriatric care, treating neurological conditions, post-surgical recovery, pain management and reconditioning.

Our rehabilitation services aim to help you regain independence and restore physical strength, mobility and function.

Our Hospital

Overlooking the Brisbane River, our Hospital provides a calm and safe environment for you to recover and restore your health. Our rehabilitation unit offers both single and double rooms, each with adjoining ensuites.

Our purpose-built physiotherapy and occupational therapy spaces are perfect for prescribed activities, including individual rehabilitation and group programs.

Our team

Our Rehabilitation Team is an experienced and highly qualified group of health care professionals.

Our team will develop a personalised rehabilitation plan with you, including exercise and self-management strategies to practice in hospital and when you are at home.

Our Rehabilitation Team includes:

- Rehabilitation Medicine Physicians
- Physiotherapists
- Occupational Therapists
- Psychologists
- Social Workers
- Counsellors
- Dietitians
- Speech Pathologists
- Nurses
- Spiritual Care Practitioners.

Our aim is to help you restore health and improve wellbeing.

Our aim

We take a coordinated and personalised approach to caring for you. We actively work with you to develop goals and a rehabilitation plan designed to support your individual needs.

Our aim is to help you:

- identify your goals and develop a personalised plan to improve your health and wellness
- optimise your independence and functional status
- improve your general fitness, strength, endurance, balance and coordination
- improve awareness and understanding of health conditions
- develop practical and effective strategies to self-manage chronic health conditions
- reduce reliance on health services.

Our services

Our services may be suitable to those who require rehabilitation for:

- joint replacement
- amputation
- other orthopaedic injury or trauma (including fractures)
- brain or spinal cord injury
- spinal surgery (including fusion and laminectomy)
- neurological conditions (including Multiple Sclerosis and Parkinson's Disease)
- cardiac surgery or illness
- stroke
- illness
- prolonged hospitalisation
- other surgery and medical conditions.

*We provide support and assurance
along every step of the way.*

Our programs

Our rehabilitation programs include day and overnight programs.

Day programs are intended for people who can travel from their home to our rehabilitation unit one or more times per week. These programs are tailored for people in groups of up to ten participants.

Overnight programs are intended for people who need 24-hour hospital care. Our rehabilitation unit is available to those who require symptom control.

What's involved

Before you start a rehabilitation program, our team will complete a full functional assessment to develop a rehabilitation plan specific to your needs. Your plan will include physical, social and learning activities.

Rehabilitation programs may include:

- goal setting
- individual treatment
- group treatment
- combination of individual and group treatment
- education sessions on self-management, anatomy and improving lifestyle
- exercise and strength training
- graded gym exercises
- tai chi
- hydrotherapy
- gentle yoga
- relaxation management
- psychological support
- pastoral care
- social support
- speech pathology.

Note some of our services, such as hydrotherapy, are offered at an off-site location.

Our programs are about helping you get back to doing the things you enjoy.

Contact us

Our rehabilitation services are available to those with private health insurance, self-funded health cover, DVA benefits and WorkCover.

A referral to one of our Rehabilitation Medicine Physicians from your General Practitioner is required.

If you live in a regional area, you may be able to access *The Patient Travel Subsidy Scheme*. Our team will provide you with assistance and guidance to access this service. In addition, our telehealth services may be available. Our Rehabilitation Team may use video conferencing technology to connect with you and your doctor.

Visit **www.svphb.org.au** for a full list of our Rehabilitation Medicine Physicians.

More information

For more information about our rehabilitation services, please contact our Rehabilitation Team.

Day Programs

Ph: 07 3456 1770

Overnight Programs

Ph: 07 3435 1611

We provide an environment that supports you to recover your full potential and work with you to achieve your rehabilitation goals.

St Vincent's Private Hospital Brisbane

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 [@stvincentsprivatehospitalbrisbane](https://www.facebook.com/stvincentsprivatehospitalbrisbane)



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Developed in consultation with our consumers (December 2018)

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES