

Rehab at Home

Rehabilitation in the comfort
and convenience of your home

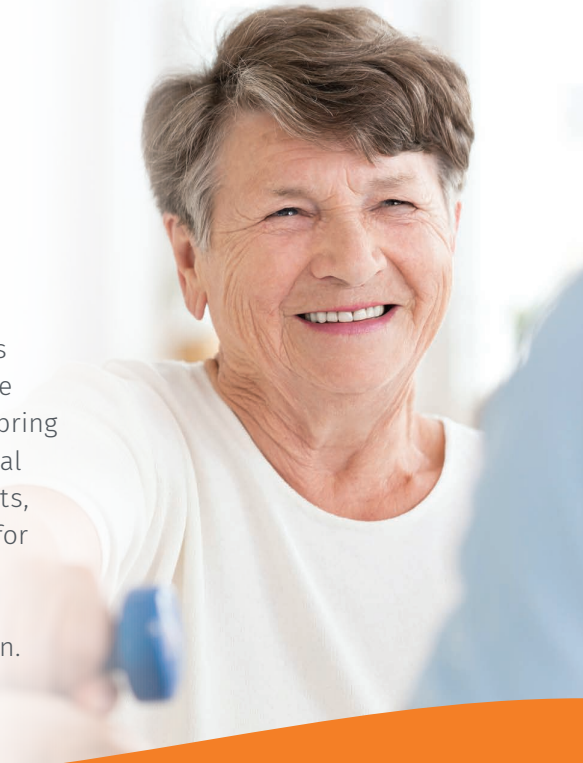


Community of Care



What is Rehab at Home?

Healthscope's Rehab at Home is a rehabilitation program for people after surgery, illness or an injury. It's delivered in the privacy, convenience and comfort of your own home. We bring rehabilitation to you in a professional and timely manner. For some patients, Rehab at Home is a true substitute for hospital-based rehab and provides a great environment to involve a support person in your rehabilitation.



What does Rehab at Home involve?

Rehab at Home is an evidence-based multidisciplinary rehabilitation program designed to support optimal recovery and restoration of function following surgery, illness or injury.

Physiotherapy is an integral part of your recovery and will be regular throughout your Rehab at Home program. Your physio will assess your function and help you decide on therapy goals. They will discuss all aspects of your treatment with you, including recovery timeframes, walking aids, and home exercises.

Depending on your needs, other services may be included in your Rehab at Home program, including occupational therapy, nursing, personal care assistance and meals.

How do I get started?

A member of your hospital healthcare team will refer you if they believe Rehab at Home is the best option for you. We aim to commence your program as early as possible following your hospital discharge.

You will be allocated a care coordinator who will schedule and coordinate all your therapy appointments and support you throughout your recovery. They will get in touch to get you started and they are also available to answer any queries about the program.

If you're eligible, your health fund will cover the cost of Rehab at Home. We will run a health fund check on your behalf when a referral is made.





What should I expect on my first visit?

Your first visit will include:

- A phone call or message to let you know they're on the way
- An outline of the Rehab at Home program
- Answering any questions about your recovery
- Assessing measures of your function
- Discussing your rehabilitation goals and treatment plan
- Reviewing and updating your home exercise program
- Reviewing your use of walking aids
- Education about what to expect from your recovery, including timeframes.

To help get the most from your visits, you can do a few things to prepare:

- Take your pain relief as directed by your medical professional prior to the session (up to two hours beforehand)
- Have your home exercise program available
- Ensure your pets are in another room or outside.

What will subsequent visits involve?

Subsequent sessions will depend on your rehabilitation goals, but will typically involve:

- Progression of your home exercise and walking program
- Ongoing education about your recovery
- Functional restoration and movement training
- Developing a long-term physical activity plan
- Progressive return to your usual activities, such as gardening, golf or community groups
- Support to help you actively manage your health and wellbeing
- Discharge planning with you and your family/support people
- Review of functional measures.

Your physio will take appropriate actions, including contacting your doctor, if they have any concerns about your recovery.

Where suitable, additional services may also be provided over the course of your program, including:

Nursing - for wound assessment and management, medication management assistance and/or assessment in the event of any relevant health concerns.

Occupational Therapy - to assess your home, prescribe aids or home modifications, and/or support your ability to complete daily living and leisure activities.

Meals and Personal Care - these may be provided if needed to facilitate your discharge home from hospital.

What if I need more rehab when the program ends?

Your physiotherapist will discuss your ongoing care needs prior to the end of your program. They can provide a referral for ongoing physiotherapy, hydrotherapy or another service if necessary.

Answers to other common questions

Will the physio from the hospital come to the house?

No, a dedicated community physio will visit your home. This will be organised by your care coordinator.

What if I need to cancel or change my appointment time?

Your care coordinator handles all your Rehab at Home scheduling. You can contact them on 1300 1 REHAB.

Will the physio contact my surgeon and GP?

A report outlining your progress will be sent to your surgeon and GP at the beginning and end of your Rehab at Home program.

Important contact details

For all enquiries regarding Rehab at Home please contact your care coordinator:

P 1300 1 REHAB (1300 173 422)

E rehabathome@healthscope.com.au

Your care coordinator:

Your physiotherapist:

First appointment date:

First appointment time:





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