

Referral to the Inpatient Rehabilitation Program

If you think you would benefit from participating in one of our specialised inpatient rehabilitation programs, we will need a referral from either your treating Specialist or General Practitioner.

For Inpatient Rehabilitation Program enquiries and admissions, please contact our Rehabilitation Coordinator on **0417 200 128** or complete the inpatient referral form on our website www.metrorehab.com.au.

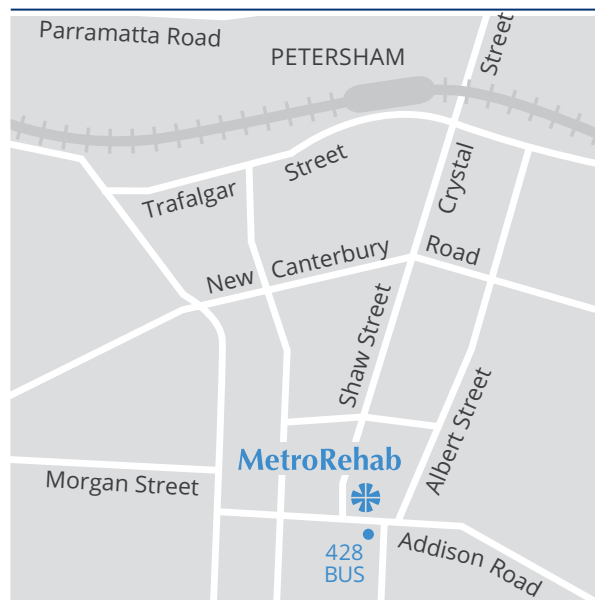
Once we receive a referral for your inpatient admission, we will arrange for our Rehabilitation Coordinator or one of our Rehabilitation Specialists to complete a pre-admission assessment to determine your inpatient rehabilitation needs and discuss your admission to MetroRehab Hospital.

What to bring

- Comfortable casual day clothes and walking shoes suitable for you to participate in your rehabilitation program and gym activities
- Swimming costume for hydrotherapy
- Night attire including dressing gown and slippers
- Personal toiletries

Fees and charges

MetroRehab Hospital has established contracts with all major health insurers and the Department of Veterans' Affairs to minimise your costs. You should however check with your fund to determine if you have any additional charges specific to your health policy. Prior approval is sought for patients who are covered under CTP or Workers Compensation insurance. 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 Rehabilitation Coordinator on **0417 200 128** for more information on our Inpatient Rehabilitation Programs.

Visiting Hours: 3pm-8pm Monday to Friday and 12pm-8pm weekends and public holidays.



Excellence in Medical Rehabilitation

275 Addison Road Petersham NSW 2049

P 02 8585 4900 **F** 02 9564 3064

www.metrorehab.com.au

Teaching Affiliations



INPATIENT REHABILITATION PROGRAM

Excellence in Medical Rehabilitation



Better off with MetroRehab

Who are we?

MetroRehab Hospital is a 37 bed independent, private rehabilitation hospital, located in Petersham, specialising in multidisciplinary rehabilitation programs. We are committed to providing our programs with professionalism and empathy,

in a warm and friendly environment. Our sole focus is rehabilitation and helping our patients achieve a better quality of life through rehabilitation. All of our programs are based on current evidence and delivered at an intensity to achieve optimal results.

What type of rehabilitation programs do we offer?

Rehabilitation helps you recover and become more independent following an illness, injury or surgery. We offer the following types of specialist inpatient rehabilitation programs:

- **Orthopaedic Rehabilitation** – rehabilitation following orthopaedic procedures, musculoskeletal injuries, fractures or trauma. For example, hip, knee or shoulder replacement; spinal surgery; or orthopaedic trauma and/or amputation (e.g. motor vehicle or pedestrian accident)
- **Neurological Rehabilitation** – rehabilitation following stroke, acquired brain injury, brain/spinal surgery or other neurological conditions such as Parkinson's disease, multiple sclerosis, motor neurone disease, spinal injuries (mild to moderate) and other peripheral neurological diseases
- **Reconditioning Rehabilitation** – rehabilitation following acute illness, surgical procedure, extended hospital admission or exacerbation of chronic condition
- **Cancer Rehabilitation** – rehabilitation following primary cancer diagnosis or treatment (e.g. chemotherapy and/or radiation therapy).
- **Cardiac Rehabilitation** – rehabilitation following a recent cardiac event or surgery to treat a cardiac condition
- **Amputee Rehabilitation** – rehabilitation following a recent amputation of a limb or part of a limb which may include training to use a prosthesis

Your recovery and rehabilitation

It is important that you take an active role in your individualised rehabilitation program and recovery by:

- Attending therapy and gymnasium sessions as required each day
- Practicing your prescribed exercises in your own time, as advised by your treating therapists
- Using the skills and techniques you have learnt in therapy in your daily routine to increase your independence

Our specialist, multidisciplinary inpatient rehabilitation team will work with you and your family to establish your own specific goals and rehabilitation treatment plan with the ultimate aim of enhancing your recovery and increasing your functional independence.

MetroRehab Hospital also offers Day Rehabilitation Programs which may be recommended after your inpatient admission, to assist you in your continued recovery and rehabilitation. For more information on our Day Rehabilitation Programs, please contact our Day Rehabilitation Coordinator on **02 8585 4914** or visit our website **www.metrorehab.com.au**.



We look forward to working with you and your family

For more information regarding admission to MetroRehab, please call us:

General Enquiries: **02 8585 4900**

Inpatient Rehabilitation Coordinator: **0417 200 128**

What MetroRehab Hospital offers

- A **dedicated, highly skilled multidisciplinary rehabilitation team** including Rehabilitation Doctors, Rehabilitation Nurses, Physiotherapists, Occupational Therapists, Exercise Physiologists, Speech Pathologist, Dietitian, Music Therapist, Clinical Psychologist, Social Worker and Discharge Planner.
- **Comprehensive assessment** by the expert rehabilitation team on admission to MetroRehab Hospital. This will include setting your personal rehabilitation goals.
- **Individualised inpatient rehabilitation programs** provided under the guidance of our skilled allied health and nursing staff. You may complete your individual rehabilitation program with a combination of both individual treatment sessions and group based programs.
- **Tailored hydrotherapy programs** in our on-site hydrotherapy pool.
- Regular **case conferences** so the rehabilitation team can review your condition and progress towards your rehabilitation goals.
- **Family conferences** to enable you and your family to discuss your rehabilitation progress and plan your discharge from hospital.
- **Social, emotional and practical support** from our specialist team to support you and your family for your ongoing recovery and discharge from hospital. This may include providing you with information on home modifications and community services.
- State of the art **rehabilitation gymnasium and on-site hydrotherapy pool**.
- Comfortable inpatient facilities including both **single and shared accommodation** with ensuite bathrooms, patient lounge, sunny outdoor verandah overlooking our garden, tea/coffee making facilities, as well as free Foxtel and WIFI.
- **Nutritious meals** prepared fresh daily by our Chef and catering team. We are also able to assist with any special dietary requirements you may have.