



## Inpatient rehabilitation program

Our Parkinson's rehabilitation programs allow you to stay overnight and receive 24/7 support in our friendly and caring environment. You will enjoy the comforts of a boutique facility, nutritional and delicious meals prepared onsite and a program that incorporates nursing and the best mix of allied health disciplines.

Once inpatient therapy is completed, we encourage clients to attend our day rehabilitation program to gain ongoing benefits.



## Day rehabilitation program

The Parkinson's rehabilitation day program provides rehabilitation to patients who do not require overnight stays. Day patients participate in individually tailored rehabilitation programs under the direction of a rehabilitation specialist doctor and have access to the hospital's rehabilitation gym and hydrotherapy pool.



## Referrals

To benefit from our Parkinson's program, simply obtain a referral from your GP or treating specialist. Referrals can be made via our website [metrorehab.com.au](http://metrorehab.com.au) or downloaded and faxed to **02 9564 3064**.

## Fees and charges

MetroRehab Hospital has established contracts with all major health insurers and the Department of Veterans' Affairs to help minimise your costs.

In many cases the fee is covered by the health insurer, however we encourage you to check with your fund if any additional charges apply to your health policy.

We also cater to icare participants as well as full-fee paying patients who may not have private health insurance.



For more information please call:  
**02 8585 4900**

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



## Parkinson's rehabilitation programs

Tailored to you







**If you are living with Parkinson's disease, MetroRehab Hospital is the trusted place to turn to. Through our rehabilitation programs you can manage the symptoms of Parkinson's disease and improve your quality of life.**

We take a personalised approach designed to support you to achieve your goals, with a multidisciplinary team of caring and skilled clinicians ready to support you to feel strong and empowered.

## *Place yourself in trusted hands*

MetroRehab is a leading not-for-profit private hospital offering multidisciplinary rehabilitation programs for Parkinson's disease, neurological conditions, stroke, orthopaedic conditions, stroke, reconditioning and pain management.

Your wellbeing is paramount to us and we do everything possible to enhance your quality of life.

## Proven programs

**At MetroRehab Hospital, you can access specialised evidence-based Parkinson's programs, including:**

- PD Warrior®: internationally recognised group exercise classes designed to manage symptoms of the disease.
- Lee Silverman Voice Treatment (LSVT): a speech therapy program which can improve speech volume and clarity.

## Multidisciplinary approach

Under the direction of a rehabilitation specialist doctor, our team will design a personalised multidisciplinary program for you. This means you benefit from the most appropriate mix of therapies for your needs including:

- ✓ Nursing care
- ✓ Physiotherapy
- ✓ Occupational therapy
- ✓ Clinical psychology
- ✓ Social work support
- ✓ Dietetics
- ✓ Speech therapy
- ✓ Hydrotherapy
- ✓ Music therapy
- ✓ Exercise physiology



We offer a fully-equipped gymnasium and a heated pool set in a comfortable air-conditioned environment.

## What are the benefits?

**Our Parkinson's programs can support you by:**

- ✓ Retraining your mobility and balance
- ✓ Improving your movement and function
- ✓ Building your strength
- ✓ Enhancing your fitness levels
- ✓ Managing the symptoms of the disease
- ✓ Improving speech volume and clarity
- ✓ Improving your mental health
- ✓ Boosting your diet and nutrition



## *By your side*

For our inpatients, we are pleased to provide you with one of our friendly rehab care coordinators to be your regular point of contact throughout your stay. This compassionate clinician will provide support and guidance, and be there to answer any questions you may have regarding your rehabilitation program. It's all part of the caring and personal service you can expect at MetroRehab Hospital.