



Inpatient stroke rehabilitation

Our inpatient stroke rehabilitation program allows 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 rehabilitation program that incorporates nursing and a mix of allied health disciplines.

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



Stroke rehabilitation day program

The stroke rehabilitation day program provides rehabilitation to patients who do not require overnight stays. Day patients participate in an individually tailored rehabilitation program 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 stroke rehabilitation program, simply obtain a referral from your GP or treating specialist. Referrals can be made via our website 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



Sydney Stroke
Rehabilitation
Centre

Stroke rehabilitation programs

Tailored to you





Whether you have recently experienced a stroke or years have passed, the Sydney Stroke Rehabilitation Centre at MetroRehab Hospital is the trusted place to turn to. Through rehabilitation, you can recover faster, regain function and improve your quality of life.

Our rehabilitation programs are individualised to help you to achieve your goals. We take a holistic approach to your wellbeing 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 stroke, neurological and orthopaedic conditions, cancer, reconditioning, pain management and more.

Our skilled specialist rehabilitation doctors and allied health clinicians are leaders in their fields, with a reputation for high quality care and exceptional outcomes.

Personalised programs

At MetroRehab Hospital, you can access specialised, evidence-based stroke programs personalised to your needs to help you achieve your goals.

Our multidisciplinary rehabilitation approach means you benefit from the most appropriate mix of allied health therapies and the combined expertise of our clinicians.

Under the direction of a rehabilitation specialist doctor, your program can include:

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

We offer a fully equipped gymnasium featuring the latest in rehabilitation equipment, and a heated pool set in a comfortable air-conditioned environment.



What are the benefits?

Our stroke programs can support you to:

- ✓ Regain mobility
- ✓ Improve swallowing
- ✓ Relearn skills
- ✓ Improve speech and language skills
- ✓ Reduce paralysis
- ✓ Reduce weakness or spasticity
- ✓ Manage pain
- ✓ Reduce fatigue
- ✓ Improve memory and problem-solving skills
- ✓ Improve social skills
- ✓ Improve independence
- ✓ Manage mood and mental health
- ✓ Transition back into the community



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.