

REHABILITATION MEDICINE PATIENT INFORMATION

What is Rehabilitation?

Occasionally following illness, injury or surgery you may benefit from an admission to a Rehabilitation Unit to help you recover and gain as much independence as possible. When this happens, your doctor makes a referral to a Specialist in Rehabilitation Medicine to assess if you would benefit from an admission to the unit.

Where does this occur?

The Rehabilitation Unit is located at Calvary St John's Hospital in South Hobart. The unit has patient rooms, a physiotherapy gym and occupational therapy facilities. Visiting hours are flexible but we ask that visitors not visit during allocated therapy times so you can participate in therapy. It is also important to remember that you will need rest time to help you recover.

The rehabilitation team

The rehabilitation team consists of:

- A Consultant Physician in Rehabilitation Medicine
- Nursing staff
- Physiotherapists
- Occupational therapists

Depending on the reason for your admission, other allied health professionals may be required. If so, this will be arranged at the unit. The rehabilitation team will work with you to identify achievable goals and then encourage you to be as safe and independent as possible to help you reach those goals. Occasionally goals need to be reviewed and the rehabilitation team may make suggestions when necessary.

How long will it take?

The amount of time required in a Rehabilitation Unit is variable as everyone is different and it depends on personal circumstances. Setting a discharge date is an important goal and you will be able to discuss this with your rehabilitation team when they see what you are capable of doing.

What to bring

If you are admitted for inpatient rehabilitation you should bring:

- Comfortable shoes with a low heel and soles that grip well
- Comfortable casual clothes to wear around the ward and to the gymnasium
- Night wear including a dressing gown
- Personal toiletries
- Your medications

Please do not bring valuables or expensive personal effects.

Your responsibilities

It is important to remember you will need to:

- Provide accurate information about your health
- Set achievable goals in consultation with the rehabilitation team
- Attend therapy sessions and work hard to achieve these goals

I look forward to seeing you at our Rehabilitation Unit.

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