



Patient Information

Rehabilitation Programs



The Southport
Private Hospital
Part of Ramsay Health Care

21 Spendelove Ave
Southport QLD 4215
Ph: 07 5671 8005
Fax: 07 5671 8001

southportprivate.com.au

TSPH Rehabilitation Day Program 4pp DL 0617



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What is rehabilitation?

Rehabilitation can consist of day programs or in-patient programs which are designed to meet your rehabilitation needs which will help you to recover and assist you to live independently in the community or prepare you to return to leisure, work or other lifestyle pursuits.

Who could benefit from The Southport Private Hospital Rehabilitation Program?

Any person who requires ongoing treatment to promote their recovery following illness, injury or surgery can benefit from the Rehabilitation Programs. The primary treatment goal will be an improvement in functional status.

Programs offered include:

- Orthopaedic and Musculoskeletal
- Neurological
- Stroke
- Pain
- Amputee
- Cardiac
- Parkinson's
- Reconditioning
- Falls prevention

What does the Program involve?

Programs vary depending on your requirements but may include Physiotherapy, Occupational therapy, Dietetics, Psychology, Speech pathology, Social Work and educational groups such as Falls Prevention.

How long will a Rehabilitation Program be?

As a day patient, most would come 2-3 times a week for 3 hours for 4-6 weeks. As an in-patient the average stay would be around two weeks. Both programs can vary in duration depending on the treatment needs and the doctor's recommendations.

What do I need to participate in the Rehabilitation Program?

- A willingness to participate in all sessions planned for you on the day for your individual Program.
- Comfortable clothing and enclosed supportive shoes.
- On admission all relevant X-rays, Private Health Fund and Medicare Cards.
- A current medication profile of any medications you may currently be prescribed.
- For Day patients a light food and beverage is provided. For In-patients you will be assisted to the Dining Room for all of your meals. All meals provided are of the highest standard and prepared by our Catering Specialists.
- If coming in as a Day-patient you may want to ask a family, friend or carer to come with you to assist with your mobility if so required.

Who pays for it?

In most instances the health fund will cover the cost of the program. We always check with the health fund to make sure there is no excess or co-payment and if there are, we discuss this with you before proceeding.

How do I find out more information?

Call the day Program Office on **(07) 5671 8342** or the In-patient Nurse Unit Manager on **(07) 5671 8331**.