Rehabilitation involves relearning and retraining to acquire the strength and skills needed to achieve maximum potential.

To be eligible for Home Rehab, you must:
> Have rehabilitation needs
> Be ready for discharge from hospital
> Be motivated to participate in an intensive rehabilitation program with therapy at least five times a week
> Be medically stable
> Have a home environment that is suitable for therapy.

Referrals
Hospital staff will contact the Rehabilitation Coordinator who will assess you while you are in hospital.

If you are eligible for the program, Home Rehab staff will contact you to arrange for therapy to commence.

This will generally be on the day of discharge or the following day.

For further information about the program, please contact the Home Rehab Manager
Office: (08) 8404 2290
Mobile: 0478 404 030

For more information
Home Rehabilitation
Division of Rehabilitation, Aged Care and Palliative Care
Rehabilitation and Palliative Care Building
Flinders Medical Centre
Flinders Drive
Bedford Park SA 5042
Office: (08) 8404 2290
Mobile: 0478 404 030

This document has been reviewed and endorsed by Allied Health consumers November 2017.
Services offered

Home Rehab may offer the following services, dependent on need:

- Intensive home-based therapy including
  - occupational therapy
  - physiotherapy
  - speech pathology
  - social work
  - exercise physiology
  - medical officer
  - dietetics
  - pharmacy

- Nursing care such as medication management and wound care.

- Tele-rehabilitation using an iPad – equipment and internet connection provided.

- A home assessment by an occupational therapist who may recommend home modifications to promote safety and independence.

- Personal care assistance to help you regain your independence with showering and dressing.

- Equipment on temporary loan at no cost (e.g. Shower chair, walking frame).

- Close communication with your GP who will be asked to provide medical support.

- Access to other specialist services if needed (e.g. Rehabilitation medical specialist review, neuropsychology, psychology, orthotics/prosthetics).

What to expect:

Regular therapy sessions will occur within your home at times negotiated with you. Your goals will be set with the team and therapy is then directed towards achieving these goals. You will be provided with any necessary therapy equipment.

What is Home Rehabilitation (Home Rehab)?

Home Rehab is a short-term, intensive, home-based, early discharge rehabilitation programme.

The aim of the program is to help you achieve your rehabilitation goals using a range of therapies.

Rather than receiving these services in hospital Home Rehab allows you to receive the therapy you need in your own home.

Therapy may be provided via face-to-face home visits or video calls.