

## Who can access the service

You must be:

- 18 years or older
- In hospital and have rehabilitation goals
- Motivated to participate
- Well enough to actively participate on a daily basis
- Have a home environment that is suitable for therapy
- Be contactable by phone
- Live within the Southern Adelaide area

## How to access the service

Ward staff will talk to you and your family or carer about whether the Home Rehabilitation Service is suitable for you and gain your consent to send a referral.

You may receive a visit from a rehabilitation triage coordinator to provide you with further information and assess your suitability for the program.

If you are eligible for the program, the Home Rehabilitation Service will contact you once you are at home to organise your first visit.

## For more information

Home Rehabilitation  
Division of Rehabilitation, Aged and Palliative Care

Rehabilitation & Palliative Care Building (RAP)  
Flinders Medical Centre  
Flinders Drive  
Bedford Park, SA 5042

Telephone: 08 8404 2290  
Mobile: 0478 404 030

If you require any further information, please visit:  
[sahealth.sa.gov.au/SALHN](http://sahealth.sa.gov.au/SALHN)



This document has been reviewed and endorsed by consumers.



Interpreter



[creativecommons.org.au](http://creativecommons.org.au)

© Department for Health and Wellbeing,  
Government of South Australia.  
All rights reserved. Created August 2024. Next review August 2027.



Government  
of South Australia

**Health**  
Southern Adelaide  
Local Health Network



Government  
of South Australia

**Health**  
Southern Adelaide  
Local Health Network



# Home Rehabilitation Service

Flinders Medical Centre

## What is home rehabilitation?

The Home Rehabilitation Service is a short term, intensive, home-based rehabilitation program.

A team of health professionals will work with you to achieve your agreed goals. Your goals are activities of daily living you wish to work on, for example:

- Improving walking to be able to get back to shopping independently
- Being able to dress yourself
- Learning strategies to assist your memory following a stroke.

Rather than receiving your rehabilitation in hospital, the Home Rehabilitation Service allows you to receive this service in your own home.

The program will be provided by the rehabilitation team visiting you at home or using video calls.

There is no cost for the Home Rehabilitation Service.

Patients, families and carers are all important members of the rehabilitation team.

## Services available

The Home Rehabilitation Service may provide the following services:

- Rehabilitation Medicine Specialist assessment and review
- Nursing
- Allied Health, including:
  - Physiotherapy
  - Occupational Therapy
  - Speech Pathology
  - Dietetics
  - Social Work
  - Exercise Physiology
  - Pharmacy
- Personal care assistance where this an identified rehabilitation goal
- Short term equipment loan following assessment at no cost (e.g. shower chair, walking frame)

## What to expect

Regular home visits or video calls will occur at times negotiated with you.

On some days you may receive more than one visit a day depending on how many of the team are involved in your rehabilitation

- Allied Health Monday to Fridays
- Nursing Monday to Sundays

Please let us know if you have important appointments that you need to attend when you are home so we can plan around these.

## Tele-rehabilitation

Tele-rehabilitation or Telehealth is the use of technology to provide a health service over a video call.

The Home Rehabilitation Service currently offers tele-rehabilitation services to all patients. Patients are provided with all the equipment required (e.g. iPad, iPad stand, charger, and Internet connection).

Alternatively, one of our staff members can assist you with preparing your own device if you have one to access video calls.

You will be provided with training on how to use all the equipment.

