

# Day Rehabilitation Service

The Southern Adelaide Local Health Network provides Day Rehabilitation to support clients achieve their best level of independence after an illness or medical condition.

Some people may attend Day Rehabilitation after an acute illness or injury, whilst others may have existing conditions managed at home, but would benefit from a short rehabilitation program to avoid hospitalisation.

## What is Day Rehabilitation?

Day Rehabilitation provides inter-disciplinary, short-term, goal oriented rehabilitation in a community setting. The duration and frequency of the program is tailored to meet each participant's goals.

Day Rehabilitation aims to provide participants with the help and information needed to maximise their recovery and to maintain the best health they can in the future.

At each session participants work with a number of health professionals across half a day including:

- > Rehabilitation Physician
- > Occupational Therapy
- > Physiotherapy
- > Exercise Physiology
- > Speech Pathology
- > Allied Health Assistants
- > Clinical Psychology
- > Social Work
- > Dietetics
- > Access to Neuropsychology.

## Eligibility and Intake

To be considered for the Day Rehabilitation service a referral from a GP, Specialist, Allied Health or Nursing Professional is required. Referrals are screened to ensure that the participant:

- > has achievable rehabilitation goals which require an inter-disciplinary team approach, and can be achieved within a short-term program;
- > resides within the SALHN area or Country area; and
- > is an adult in the community.



## What to expect?

All rehabilitation programs are tailored to meet the needs of the individual and are specific to the goals developed with the participant's family and rehabilitation team. This may include:

- > A comprehensive medical assessment by a Rehabilitation Consultant or Registrar with reviews as required. It is expected that participants continue to consult their GP for routine medical issues.
- > A range of assessments including mobility, activities of daily living, thinking and memory skills, swallowing and communication, strength and fitness and when indicated, assistance with social and support applications.
- > Therapy sessions with relevant health professionals provided within a group or individual basis.
- > Hydrotherapy (aquatic or pool based therapy) if indicated by your treating Rehabilitation team. Hydrotherapy is offered as part of your overall rehabilitation program rather than an individual session.
- > Provision of exercises and home based activities to assist recovery
- > Participation in telerehabilitation, which is the delivery of rehabilitation services via the internet.
- > Updates about your progress in therapy and how to maximise recovery.
- > Liaison with other health professionals, including your GP with your consent.
- > Referrals to other services when required for ongoing input in the community after discharge from Day Rehabilitation.

## What to bring?

- > A list of your current medications, and copies of any relevant scans or medical reports to your initial session.
- > Wear closed shoes and comfortable fitted clothes suitable for gentle exercise.
- > If you take any medications throughout the day bring these with you.
- > If diabetic you may want to bring a snack.
- > Prescription glasses and/or hearing aids if you wear them.
- > If Hydrotherapy is included in your program, please bring swim wear, a towel and a bottle of water. Your therapists will discuss this with you before your first hydrotherapy session.

## Facilities

SALHN Day Rehabilitation Service operates from the new Rehabilitation and Palliative Care building at Flinders Medical Centre. This purpose built, state-of the art facility includes dedicated gyms with a hydrotherapy pool, technology equipment and functional retraining zones.

## For more information

**Flinders Medical Centre**  
**Rehabilitation and Palliative Care Building**  
**Day Rehabilitation Service**  
**Telephone: (08) 8404 2269**  
[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)