

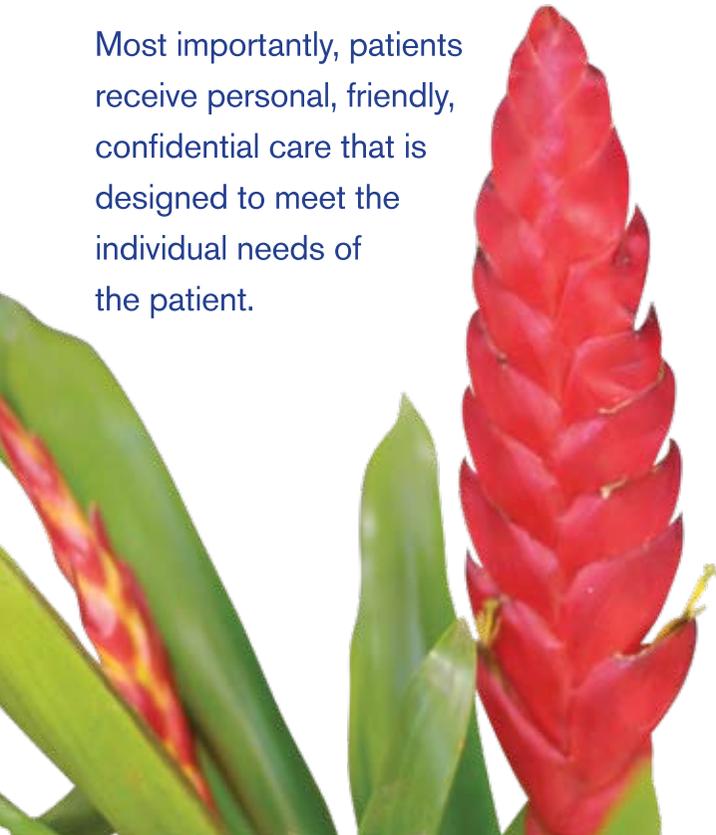
## Our Mission

We are a community working together, in faith, hope and charity, providing quality health care with compassion and respect for the human person, in the spirit of Jesus Christ.

## Caring for people

In keeping with the mission and values of the Catholic Church, we are committed to providing you with quality health care in a warm and compassionate environment.

Most importantly, patients receive personal, friendly, confidential care that is designed to meet the individual needs of the patient.



St Vincents Private  
Hospital Lismore



**Main Entrance:**

20 Dalley Street, Lismore

**Patient Admissions Entrance:**

61 Avondale Avenue, Lismore

**Postal Address:**

PO Box 572, Lismore 2480 NSW

Phone: 02 6627 9600 Fax: 02 6621 9221

[www.svh.org.au](http://www.svh.org.au)

St Vincents has been accredited by the Australian Council of Healthcare Standards since 1990.

## REHABILITATION

St Vincents Private  
Hospital Lismore

your first  
**choice**  
in rehabilitation



When you need  
rehabilitation, ask your  
doctor for admission  
to St Vincents Private  
Hospital, Lismore



## Rehabilitation Care

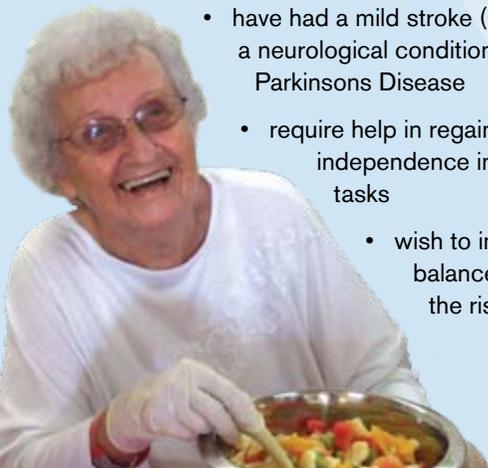
St Vincents Private Hospital is committed to excellence in rehabilitation. Our multidisciplinary team strives to ensure your time in rehabilitation is a positive experience. We offer both inpatient rehabilitation services and a day rehabilitation program to meet your needs.

Our rehabilitation team is guided by our core values of compassion, respect and teamwork which underpin every element of your care.

Our specialists work with you in developing a specific program to meet your individual goals.

Our rehabilitation programs are designed for those who:

- suffer with conditions such as rheumatoid, osteoarthritis or other age degenerative disorders
- require rehabilitation following orthopaedic surgery such as hip or knee replacements
- require rehabilitation following spinal injury and/or surgery
- require re-conditioning care following a medical or surgical episode or are suffering from prolonged illness or multiple injuries
- have had a mild stroke (CVA) or have a neurological condition such as Parkinsons Disease
- require help in regaining or improving independence in everyday living tasks
- wish to improve their balance so minimizing the risk of having a fall



## Rehabilitation Team

Our dedicated team work closely together to provide an integrated approach to ensure your care is of the highest standard. The team includes doctors, nurses, physiotherapists and occupational therapists.

### Doctors

The specialist rehabilitation doctors supervise your medical care and are readily available to answer your questions. They liaise with your general practitioner and/or specialist consultant, providing a consistent team approach to your care.

### Nurses

The rehabilitation nurses coordinate your care and assist you to practice your therapy techniques. They plan and organise services that may be necessary for you when you return home.

### Physiotherapists

Our experienced physiotherapists offer comprehensive assessment, treatment, education and exercise plans to increase your independence and maximize your mobility. Treatment is provided on an individual or group basis utilising the onsite hydrotherapy pool and rehabilitation gym. Physiotherapy and hydrotherapy treatment is available for both hospitalised patients and outpatients who require an ongoing service.

### Occupational Therapists

The occupational therapist assesses your needs in relation to daily activities such as bathing, dressing, personal care, domestic skills and leisure activities. A range of therapeutic activities are provided along with advice on assistive equipment to promote independence in those areas. Treatment is provided on an individual or group basis. Our occupational therapist works with you to maximize your independence and safety in the home and in the community and will provide a home visit if required.

## Rehabilitation Services

### Inpatient Rehabilitation

The rehabilitation unit, located within the hospital, has a fully equipped gym and hydrotherapy pool for your use when required. The service is fully integrated to ensure a holistic approach to your care giving you the best possible results. Discharge and follow-up services are planned from the time of admission to ensure all services and equipment have been organised for your return home.

### Day Rehabilitation Program

St Vincents Private Rehabilitation Program is designed for patients who require a coordinated approach to rehabilitation in a day therapy setting. The service offers patients a high quality comprehensive program with a multidisciplinary team, including physiotherapy, exercise physiology, hydrotherapy and occupational therapy.

The program is designed to improve functional ability, enhance recovery and help regain or improve independence and mobility. The program runs for 4-6 weeks depending upon the patient's individual needs with each patient attending a session of 3 hours a day, two times a week. The therapy sessions are conducted in a small group environment.

### Hydrotherapy

St Vincents Private offers hydrotherapy programs as part of the inpatient and day rehabilitation program. Hydrotherapy plays an important part of the program as the warm water supports the body and allows you to exercise and move more easily. The warmth is also beneficial for reducing pain and muscular tension. You don't need to be able to swim to participate in a hydrotherapy program. The pool has changing areas, access for people with disabilities and a range of aquatic exercise equipment. The pool is heated to a comfortable temperature of 32-35°C.

