How does the referral process work?

A referral is required to attend Day Rehabilitation. Current inpatients can be referred by their treating physician. This process is normally arranged by the physiotherapist.

General practitioners, surgeons and treating specialists can send referrals directly to:

Dr Laycock via fax (02) 4950 0888 or email office@rehabmed.net.au

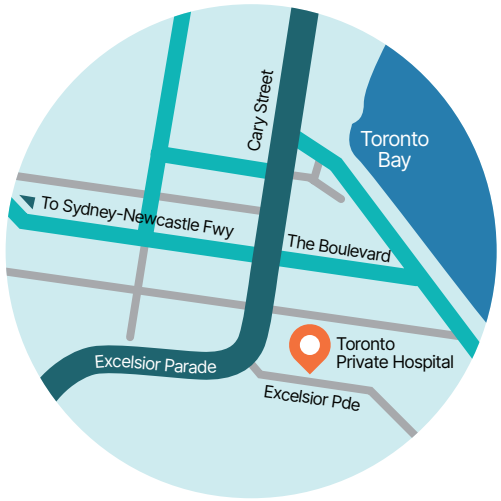
What should patients bring to Day Rehabilitation?

- Clothing that is appropriate to exercise in.
- Swimwear if attending hydrotherapy (towels and robes are provided).
- List of current medications.
- Any medications that need to be taken during the session.
- Relevant scans or medical reports.



Where is Toronto Day Rehabilitation located?

Day Rehab is located in the Toronto Private Hospital campus, in SPECIALIST MEDICAL CENTRE 2, suite 1 on Excelsior Parade, Toronto. From the 'flat' car park off Excelsior Parade, enter Medical Centre 2 and go down the stairs or the ramp.



Aurora
Toronto
Private Hospital

A 241a Excelsior Parade, Toronto NSW 2283
T 02 4950 4477 F 02 4950 4106
E torontoprivate@aurorahealth.com.au
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People First.
People Always.

MC0875 TOR Day Rehab 6pp DL

Day Rehabilitation



Aurora
Toronto
Private Hospital

What is Toronto Day Rehabilitation?

Toronto Private Hospital's Day Rehabilitation program is the largest of its kind in the Hunter Region.

Day Rehabilitation allows people to benefit from input from a specialist multidisciplinary rehabilitation team, without the need to be admitted as an inpatient.

'Day Rehab' caters for those who have Top Level Hospital cover, Department of Veterans Affairs (DVA) cover or Third Party Insurance claims.

What services are offered at Toronto Day Rehabilitation?

Reconditioning

For people who are finding normal daily activity increasingly difficult due to physical deterioration. No one is 'too old' to benefit from this program!

Neurological

For survivors of stroke, transient ischemic attack (TIA), traumatic or non-traumatic brain injury, or any other type of condition involving the nervous system are suitable for this intensive program.

Orthopaedic

For people who have undergone hip or knee replacement, recently fractured a bone or have any other musculoskeletal condition requiring multidisciplinary input.

Cardiac

For people looking to improve function and to get 'the right advice' after a heart attack, heart failure, heart surgery, or major vascular surgery like cardiac stenting.

Toronto Day Rehabilitation is staffed by experienced, university trained allied health professionals.

Each program is tailored to individual needs, and includes access to individual sessions of:

- Physiotherapy
- Hydrotherapy
- Occupational Therapy
- Exercise Physiology
- Nutrition and Dietetics
- Speech Pathology
- Social Work
- Nursing/ Wound care
- Massage Therapy

Group education and exercise is a vital part of Day Rehabilitation. Groups are run daily by Occupational Therapists, Dietitians, Exercise Physiologists and Physiotherapists. Topics include safety in the home, nutrition during rehabilitation, tai-chi and strength training and many more!



How often do patients attend Toronto Day Rehabilitation?

Patients who attend the Day Rehabilitation program most often attend two days per week, for a period of 8 weeks, however this can be adjusted according to need.

- Morning sessions
- Afternoon sessions

Lunch is provided at midday and rest periods for patients to relax and have a hot drink and a snack are scheduled between therapies.