



### Cabrini Hopetoun Rehabilitation Hospital

2 – 6 Hopetoun Street  
Elsternwick Vic 3185

Main Reception – Tel: (03) 9523 9116

Outpatients – Tel: (03) 9524 3712

Fax: (03) 9528 1815

Email: [admin@hopetounrehab.com.au](mailto:admin@hopetounrehab.com.au)

[www.cabrini.com.au](http://www.cabrini.com.au)

Authorised by Heads of Department Committee  
December 2008

CABRINI  
HOPETOUN  
REHABILITATION  
HOSPITAL



Restore your lifestyle



Sharing the healing mission of the Missionary  
Sisters of the Sacred Heart of Jesus



Rehabilitation is provided through in-patient or out-patient programs or a combination of both according to individual needs.

Thorough assessment, clear goals, regular monitoring of progress, feedback to referrers, and patient follow-up are key features of our rehabilitation programs.

A comprehensive, team approach aims to return patients to their homes and community as soon as possible.

The need for specialist rehabilitation at Cabrini Hopetoun can be as a result of

- Joint replacement surgery
- Spinal injury or surgery
- General surgery
- Degenerative diseases
- Trauma due to accident or injury
- Transport or work accident
- A stroke or other neurological condition
- Chronic pain

### **MAKING A REFERRAL**

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Referring patients for rehabilitation at Cabrini Hopetoun is simple. Just call the rehabilitation case manager on 9523 9116 and discuss the details or speak to your doctor, surgeon or acute surgical hospital staff.

### **PRIVATE HEALTH INSURANCE**

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As Cabrini Hopetoun is a private hospital, arrangements are in place to claim directly from private health insurers, Veterans' Affairs, Work Cover or the Transport Accident Commission. Arrangements can also be made for uninsured patients.

## COMPREHENSIVE, INDIVIDUAL REHABILITATION PROGRAMS

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Following admission to Cabrini Hopetoun, each patient is thoroughly assessed by the rehabilitation physician and all members of the rehabilitation team.

Assessments from other professionals may be included, if necessary. All factors which might influence the patient's recovery – physical, psychological, cultural and social – as well as the individual needs of the patient, are taken into account.

Our rehabilitation programs are individualised and comprehensive, aiming to restore each patient to an optimum level of function, enabling them to lead more independent and rewarding lives.

## HOME ASSESSMENT

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To ensure patients can manage when they return home, the occupational therapist conducts a home assessment, if required, with the patient. Recommended aids such as rails and/or bathroom accessories can be purchased or hired if required.

In addition, assistance in arranging community and private support services such as Meals on Wheels or Home Help is provided.

## PATIENT FOLLOW-UP

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Our care and concern for patients extends beyond the date of discharge. Patients are offered education, counselling and an out-patient program and are invited to contact any of the team members by phone, or in person, with any questions.

## FIRST CLASS ACCOMMODATION AND SERVICE

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Our 30-bed hospital offers quiet, comfortable accommodation in private rooms with ensuites. All patients receive individual care and attention.

Catering is first class and special diets are easily arranged. Where permitted, alcohol is available with meals.

## WHAT TO BRING

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- A tracksuit or comfortable slacks/trousers.
- Supportive fitting shoes (no thongs or scuffs).
- Changes of clothing, including underwear.
- Swimwear (for hydrotherapy).
- Night clothes, dressing gown and slippers.
- Toiletries, brush, comb & tissues.
- All current medications (no dosettes).
- X-rays requested by your doctor.
- Health cards and private health fund details.
- Medicare card.
- Pension card.
- Equipment such as walking aids, splints and dressing equipment will be provided while in hospital should you not have your own.

Please do not bring valuables or large sums of money with you, as the hospital has no facilities for safe keeping and will not accept responsibility for loss or damage.

Patients are responsible for their own personal laundry.

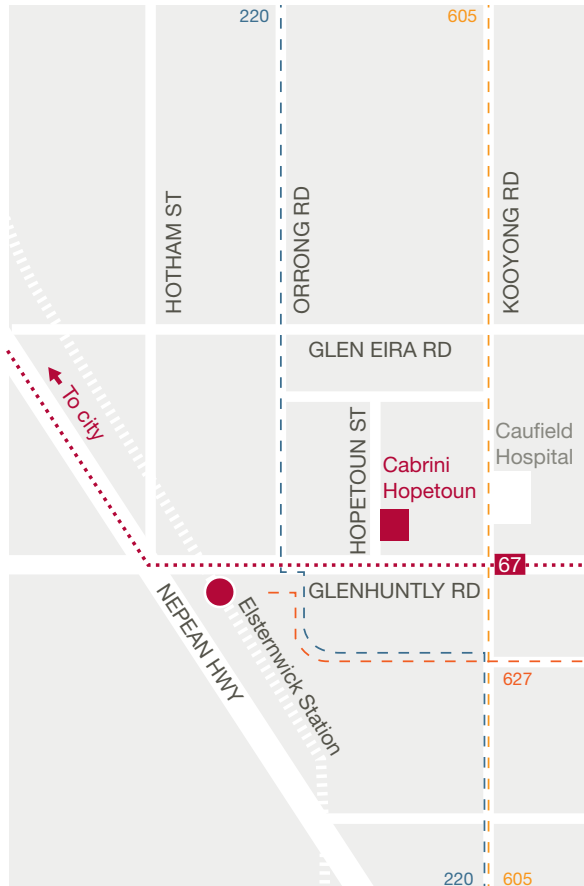
## VISITING HOURS

Monday to Friday 12.00 - 1.00 pm  
4.00 - 8.00 pm

Saturday/Sunday

Public Holidays 2.00 - 8.00 pm

As you will be involved in your treatment program during the day, your visitors will not be permitted to visit outside these hours.



## PUBLIC TRANSPORT

The site is well served by public transport with train, tram and bus services all within a reasonable distance.

Melway Ref: 67 H3

Train	2	Elsternwick	Sandringham to city
Tram	67	Glenhuntly Road	Carnegie to Melbourne Uni via Glenhuntly, Elsternwick, Elwood, St Kilda, St Kilda Road and Swanston Street
Bus	220	Orrong Road	Sunshine Station to Gardenvale via Footscray and City
	605	Kooyong Road	Gardenvale to Flinders Street, City via Armadale and Toorak Station, Punt Road, Swan Street and Melbourne Park
	627	Glenhuntly Road	Elsternwick Station to Brighton East via Ormond, Oakleigh, Chadstone Shopping Centre, Carnegie and McKinnon