
INPATIENT REHABILITATION

WHY CHOOSE CABRINI FOR YOUR REHABILITATION?

Cabrini is a national leader in rehabilitation services. We exceed other public and private rehabilitation services in achieving patient outcomes.

Our team of highly qualified practitioners create a tailored rehabilitation program specific to your needs. From your first day with us, we work with you to achieve your goals. We also believe it's important to help patients beyond their stay and so we spend time with you and your family to ensure you have the help and services you need once you return home.

The big difference with Cabrini Rehabilitation is our level of personalised care. Our friendly, warm, dedicated and committed staff are highly regarded. Our skilled clinical team work to provide you with a caring, comfortable and safe environment to reach your maximum level of mobility.

Our passion and commitment to providing outstanding patient care, family experience and assistance beyond your stay, will ensure your rehabilitation experience is the most positive one.

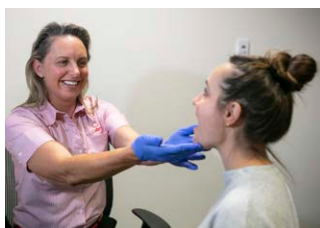
WHAT SERVICES DO WE OFFER?

Cabrini Rehabilitation provides tailored, comprehensive programs designed to help you to improve your movement and functioning, enabling you to lead a more independent and rewarding life.

We offer programs across a wide range of clinical specialties:

- Cardiac
- Neuro-surgical
- Pain
- Reconditioning
- Stroke
- Orthopaedic
- Neuro-oncology
- Parkinson's disease
- Respiratory

All factors that might influence your recovery – physical, psychological, social, cultural and your individual needs – are taken into account when tailoring a program for you.



WHAT CAN YOU EXPECT?

When your treating doctor and team recommend an inpatient rehabilitation program, you will be assessed by our Rehabilitation Access Coordinator. Should inpatient rehabilitation be needed, your goals and a suitable program will be discussed with you and your family.

Once accepted for inpatient rehabilitation and when you arrive, you will be introduced to your ward and the hospital's facilities. Our care team will visit you during the first 24-48 hours to assess your needs and discuss realistic goals that you wish to achieve during your stay. We will ask you a series of questions to ensure we develop a program that is tailored to your individual needs. You will be assigned a Key Liaison Person (KLP) who will be the key person for the coordination of communications between you, your family and your team of health professionals during your stay.

Rehabilitation is an active process of treatment. To maximise the benefits of your rehabilitation and to prepare you to go home, it's important that you actively participate in the exercises and all other activities of your program.

WHAT TO BRING

- A tracksuit or comfortable slacks/trousers
- Supportive fitting shoes (no thongs or scuffs)
- Changes of clothing, including underwear
- Night clothes, dressing gown and slippers
- Toiletries
- Equipment such as walking aids, splints and dressings will be provided (however you are welcome to bring any of your own equipment)

Please note: Unfortunately, we are unable to wash your personal laundry while you are an inpatient. Please make arrangements with a family member or friend to collect and launder your clothing and underwear. External laundry services are available on request - please let staff know if you require this.

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MEALS SERVICE

Our hotel services team will provide you with a wide range of nutritious and tasty meals, cooked fresh every day by our qualified chefs. They are available to assist you with any special needs, including Kosher and Halal meals, and will tailor items from the menu to suit your dietary requirements.

VISITING HOURS

You are welcome to have visitors, seven days a week, during the following times:

Brighton 10 am – 2.30 pm
4.30 pm – 8 pm

Your therapy sessions are the main priority during your stay. Please ask your family and friends to avoid visiting during these times, so that you can focus on your program.

DID YOU KNOW?

Cabrini offers a comprehensive range of rehabilitation and chronic disease programs which you can access as an **outpatient or at home**.

These include:

- Cancer rehabilitation program
- Cardiac rehabilitation program
- Falls prevention program
- Neurology program
- Orthopaedic and musculoskeletal program
- Parkinson's disease and movement disorders program
- Persistent pain program
- Pulmonary rehabilitation program
- Reconditioning program
- Lee Silverman voice therapy



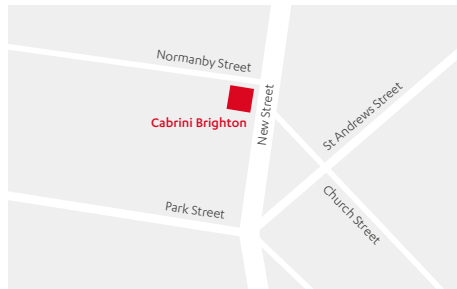
MORE INFORMATION

If you would like more information about our rehabilitation programs, please call our Rehabilitation Access Coordinators on **(03) 9508 1584** (Monday to Friday).

If you would like rehabilitation with Cabrini, please ask your doctor, surgeon or hospital staff member to send a referral to us via email: rehabilitation@cabrini.com.au

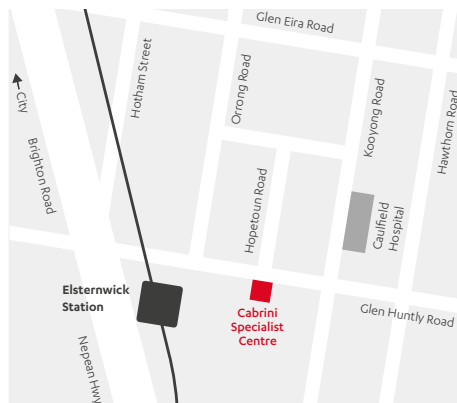
REHABILITATION LOCATIONS

Inpatient rehabilitation



Brighton
243 New St,
Brighton 3186

Outpatient rehabilitation programs/therapy



Elsternwick
494 Glen Huntly Rd,
Elsternwick 3185

Disclaimer: This brochure is provided for general information purposes only. This brochure does not provide you with specific personal, professional or medical advice. It is not intended to be a substitute for professional or medical advice and should not be relied upon as such. You should obtain advice from your treating doctor or healthcare professional about your individual circumstances.

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