

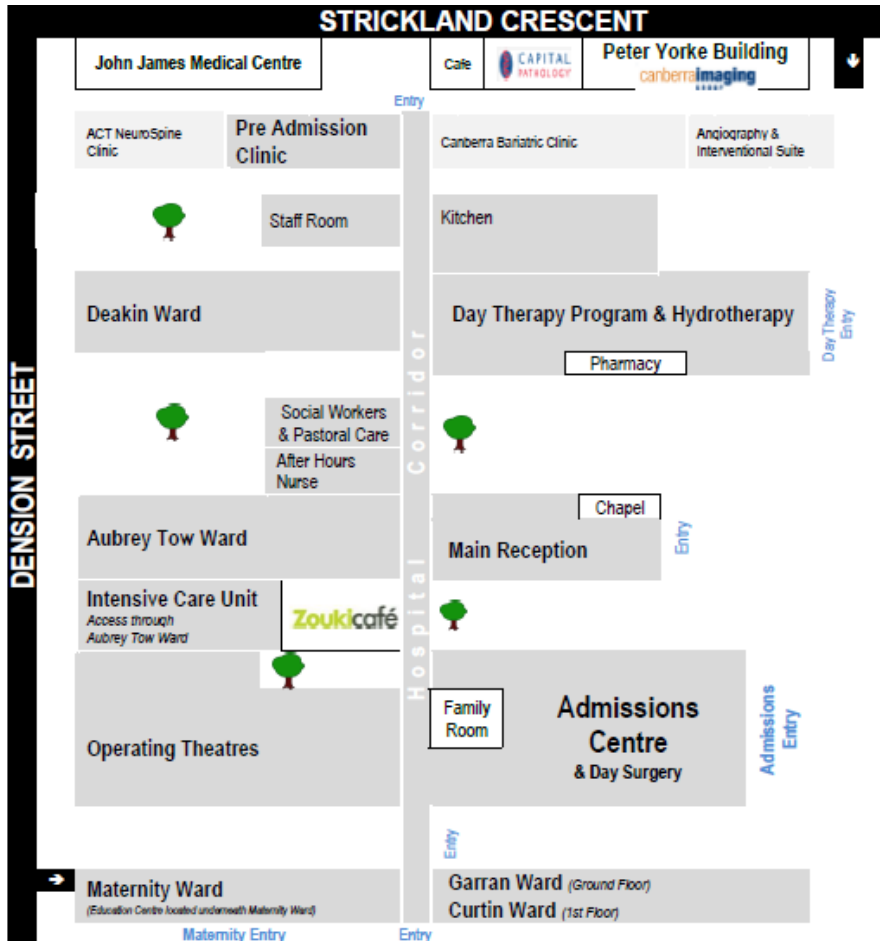
Patient Information and Schedule

Welcome to the Day Therapy Program

You are scheduled to attend sessions on:

If you have not been allocated a time you will be phoned within a week of discharge from hospital to schedule your appointments. If you have not received a call within a week of discharge please phone 6281 8113 or email cjjh.dayrehab@calvarycare.org.au.

The times allocated are based on current availability and these session times will remain the same throughout the program. If these times are not suitable please advise our staff who will try and transfer you to another session when other patients discharge.



The Program

The Day Therapy Program is suitable for patients who have established rehabilitation needs, but do not need the support of inpatient medical or nursing care.

For each session please bring a drink bottle, medications for an emergency and a smile. Please be sure to arrive on time and wear clothing that allows you to move freely. Dresses, skirts, sandals and thongs are not appropriate.

Please remember that Calvary John James Hospital now has paid parking.

At each session patients will have a minimum of 2 hours of therapy. The length of the program depends on how quickly you reach your

rehabilitation goals. We anticipate this will be approximately 4-6 weeks.

Services

As part of the program you will have access to:

- Rehabilitation Consultant
- Physiotherapy
- Occupational Therapy
- Social Work
- Pastoral Care
- Dietitian
- Gymnasium
- Hydrotherapy



A physiotherapist will assess and manage your progress during these sessions. In addition, you will utilise the gymnasium and hydrotherapy pool.

Pain Relief

Please ensure you have had adequate pain relief - ideally 30-60 minutes before your session start time. The pain medication you will have received from the hospital will only last you approximately 3 days. Therefore, please arrange an appointment with your GP as soon as possible so they can prescribe and advise you on appropriate pain medications.

Costs

Day Therapy Program is considered an inpatient episode and therefore is covered by your private health insurance hospital cover; not your extras cover. A co-payment or excess may apply.

Eligible DVA patients are usually covered through Department of Veterans' Affairs. Some health funds require you to have no more than 7 days between treatments.

If there is a break of more than 7 days, the health fund may consider it a 'new episode' and may charge you an additional excess.

This can affect patients who cancel for any reason including sickness, doctor appointments and even public holidays.

Please provide 24hrs notice if you wish to cancel or change your appointment.

Your position in the Day Therapy Program may be forfeited if you cancel more than 3 times.

Hydrotherapy

It is recognised that the warmth of the water in hydrotherapy treatment relieves pain, reduces muscle spasm and induces relaxation - allowing a greater range of movement and enhanced rehabilitation. The hydrotherapy pool may allow even the most mobility-restricted clients the opportunity of purposeful movement and exercise.



Patients require medical clearance before using the pool. This is usually obtained as part of the assessment for this program. Your Physiotherapist must review you each session to provide clearance for hydrotherapy.

You are not allowed to enter the pool if you have an infection or an open wound.

Requirements for the pool:

- Bathers or t-shirt and shorts and thongs or sandals to wear in the change room area
- Glasses if required to read exercise instructions
- Any areas of broken skin are required to be covered with a waterproof dressing
- Any medications (e.g. for asthma or angina) that may be required in an emergency to be easily accessible and close to the pool

All participants are required to shower before entering the pool.

Transportation

Day Therapy Program closes at 4.00pm with the hydrotherapy session finishing at 4.30pm. Please arrange pick up prior to closing time.

If you have had major orthopaedic surgery, you are generally not allowed to drive for 6 weeks and your car insurance may not be valid during that period.

Your surgeon will provide medical clearance to drive at your follow up appointment.

Patients aged over 65 may access the community transport program in their area to attend the Day Therapy Program. To access community transport services you need to register with *My Aged Care* by phoning 1800 200 422 within their business hours from 8am – 8pm. Alternatively you can register on the website <http://www.myagedcare.gov.au/>.

Once your session has completed, please wait in the Day Therapy waiting room for your transport to arrive.

If you are waiting more than 30 minutes please ask our staff to contact your transport provider.

