

- Are sufficiently alert to follow instructions and understand the program objectives
- Require the services of two or more Allied Health therapies
- Have a confirmed discharge destination

Due to limited space and strict criteria/guidelines from private health insurers for Inpatient Rehabilitation, not all patients will be eligible.

## Are there other options if I am not eligible?

If you do not meet the criteria for Inpatient Rehabilitation your therapists will continue to work with you to achieve a safe discharge.

Calvary John James Hospital has an Outpatient Day Therapy Program which also offers Multidisciplinary Rehabilitation in an outpatient setting. For more information or advice on other options and what follow-up best suits your situation, please speak with your Nurse, Occupational Therapist or Physiotherapist.

## What happens after Rehabilitation?

Calvary John James Hospital has an Outpatient Day Therapy Program which also offers Multidisciplinary Rehabilitation. This is appropriate for patient groups such as:

- Post-Joint Replacement
- Post-Surgical
- Post-Falls or
- General Reconditioning

If you choose your own Physiotherapists, Occupational Therapist or Nurse, we will provide a comprehensive handover to ensure continuity of your care.



## Contact

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### About Calvary

*Calvary is a Catholic, charitable organisation with more than 12,000 staff and volunteers operating public and private hospitals, retirement communities and delivering community care services across Australia. We are a leading provider of palliative and end of life care, continuing the Mission of the Sisters of the Little Company of Mary.*



**Hospitality | Healing | Stewardship | Respect**

# Deakin Ward Inpatient Rehabilitation



Continuing the Mission of the Sisters of the Little Company of Mary

## About Deakin Ward

At Deakin Ward our aim is to provide you with access to the best clinical excellence in the field of rehabilitation.

Our Inpatient Rehabilitation program uses a multi-disciplinary team approach, combining the expertise of medical specialists, nurses and allied health professionals to provide you with the highest quality of care.

This multi-disciplinary approach is renowned for providing the most successful outcomes towards improvement in your physical condition and return to your normal daily activities.

## Our commitment to you

While we work with you and your family, we will respect your individual, cultural, religious and faith tradition needs. If you require extra support to meet specific needs while in hospital, please let us know in advance.

## Your commitment to us

For the program to be successful we require rehabilitation patients to be committed and motivated to participate fully in their rehabilitation and follow independent programs as prescribed.

Our facilities include:

- Gymnasium
- Therapy Kitchen
- Communal Dining Room
- Access to Hydrotherapy Pool
- Direct link to Outpatient Services

## Services

### Nursing Staff

- Provide around the clock monitoring and assistance with personal care
- Administer medications
- Assist with wound management
- Provide holistic non-judgemental care

### Physiotherapy

- Will assess your individual needs
- Set realistic goals with you
- Help improve strength, mobility, function and movement
- Provide a manageable home program
- Individual and group sessions will work on:
  - Mobility aides
  - Strength and range of motion exercises
  - Balance and overall re-conditioning

### Social Workers

Our Social Work team will assist with:

- Smooth transition from hospital to home
- A holistic approach for your care
- Referrals to community services (such as the aged care assessment team)
- Short term counselling
- Patient empowerment and advocacy
- Co-ordination of family meetings

### Pastoral Care

Our Pastoral Care team will provide spiritual, emotional and compassionate support as part of your recovery journey.

## Occupational Therapy

The Occupational Therapist will conduct:

- A self-care assessment
- A home assessment (including ease of access in the bathroom and kitchen)
- Transfers from the bed to the chair
- Transfers in and out of the car
- Planning and memory skills assessment

## Nutrition and Dietetics

You may receive dietetic assessment if you:

- Have a reduced appetite, weight loss or gain in hospital
- Experience excessive nausea or vomiting, or irregular bowel motions
- Have allergies or special dietary needs
- Require nutritional intervention

## Speech Pathology

Speech Pathologists may assess:

- Coughing and choking issues
- Unclear speech or voice issues
- Difficulty finding words, or putting words together, understanding and being understood

## Who is eligible for Inpatient Rehabilitation?

You may be eligible for Deakin Ward's Inpatient Rehabilitation if you:

- Are medically stable
- Are able to tolerate multiple sessions of therapy daily
- Are motivated and willing to participate in the program
- Have realistic and achievable goals