

Who is eligible for Inpatient Rehabilitation?

If you meet the following criteria you may be eligible for St Joseph's Inpatient Rehabilitation:

- 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
- Am sufficiently alert to follow directions 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

If I am not eligible, are other options available?

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

Calvary Riverina Hospital has an Outpatient Day Therapy Program which also offers Multidisciplinary Rehabilitation in an outpatient setting. This can be appropriate for different patient groups such as Post Joint Replacement, Post Surgical, Post Falls or General Reconditioning.

Some patients find it more convenient to have follow-up with Allied Health Professionals closer to home, in this instance a comprehensive handover will be provided to ensure proper continuity of care.

For more information, or advice on what follow-up best suits your situation, talk to your Nurse, Occupational Therapist or Physiotherapist.

Hospitality
Healing
Stewardship
Respect



St Joseph's state of the art Rehabilitation unit opened 14 September 2015 and is the first private rehabilitation unit in the Riverina.

About Calvary

Founded by the Sisters of the Little Company of Mary, Calvary is a charitable, Catholic health care organisation operating in six of Australia's States and Territories with 12,000 staff and volunteers. We have a special concern for those most vulnerable and those reaching the end of their life. For over 130 years Calvary has provided health, aged and community care in a range of settings, including public and private hospitals, residential aged care and the community.

To find out more visit www.calvarycare.org.au



Contact Details

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St Joseph's Inpatient Rehabilitation Program

A best practice
multi-disciplinary team
approach to help you
recover safely and quickly



Riverina Hospital

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



About St Joseph's Inpatient Rehabilitation

At St Joseph's 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 are respectful of your individual, cultural, religious or faith tradition needs. If you require support to meet your specific needs whilst 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.

Facilities

Our state of the art, recently constructed facilities ensure we offer you the best comfort along with the best of care.

The expected length of your stay with us is 5 - 10 days, depending on individual circumstances.

Our facilities include

- 14 high comfort beds
- Gymnasium
- Therapy kitchen, bath and laundry

- Communal dining and lounge room
- Hydrotherapy pool
- Mobility courtyard

Services

Nursing Staff

Our nursing staff provide around the clock monitoring and assistance with personal care.

- Administer medications
- Assist with wound management
- Provide holistic and non judgemental care.

Allied Health Professionals

Our overall goal is to provide you with the physical capacity to safely manage at home, and the tools to individually continue to maximise your strength and mobility. If appropriate you will also be linked into continued outpatient rehabilitation on discharge.

Physiotherapy

Our physiotherapists assess you to help develop an individual program to improve strength, mobility, movement and function. Most patients will have both individual and group sessions including:

- Mobility progression onto a walking aide that you can use at home safely
- Strength exercises for your affected or operated limb(s)
- Range of motion of the affected or operated limb(s)
 - in particular knee flexion following a total knee replacement
- Balance and overall re-conditioning
- Stairs if appropriate
- Other functional &/or outdoor activities as appropriate.

Social Workers

The role of the Social Worker is to assist in a smooth transition from the hospital to home. They take a holistic approach when working with you and your family to identify any areas of concern for discharge. If appropriate the social worker will assist with:

- Various referrals to community services (such as the Aged Care Assessment Team)
- Providing information for post hospital services
- Short term counselling
- Patient empowerment and advocacy
- Co-ordination of family meetings

Occupational Therapy

Within your first few days on St Joseph's ward, an Occupational Therapist will help prepare you to be independent and able to manage safely when you return home. The Occupational Therapist completes the following assessments:

- A self-care assessment
- A home assessment (including access into your home, 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 & Dietetics

You may be referred to or request an assessment by the dietitian if you:

- Have a reduced appetite, reduced intake or unexplained weight loss or gain in hospital
- Experience excessive nausea or vomiting, or irregular bowel motions
- Need assistance managing allergies or have special dietary requirements
- Any other medical reason requiring nutritional intervention.

Speech Pathology

You may be referred to, or request an assessment by, the speech pathologist if you have:

- A coughing /choking issue
- Unclear speech or voice problems
- Difficulties finding words or putting words together and being understood
- Difficulties understanding instructions and meanings