

8. PASTORAL CARE

Our pastoral care team will provide spiritual, emotional and compassionate support as part of your inpatient stay.

WHO IS ELIGIBLE FOR INPATIENT REHABILITATION?

You may be eligible for the Inpatient Rehabilitation Program if you:

- Are medically stable, able to follow instructions & understand the program objectives
- Are able to tolerate multiple sessions of therapy daily
- Are motivated & willing to participate in the program
- Have realistic and achievable goals
- Require the services of two or more allied health therapies

Due to strict criteria / guidelines from private insurers for inpatient rehabilitation, not all patients will be eligible. We will check with your health fund for eligibility.

ARE THERE OTHER OPTIONS IF I AM NOT ELIGIBLE?

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

Calvary has a 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.



131 450
24 HOURS

Telephone Interpreter Service (TIS)



Consumer Endorsed
Patient Information Publication

WHAT HAPPENS AFTER REHABILITATION?

Calvary has an outpatient Day Therapy Program which also offers multidisciplinary rehabilitation.

This is appropriate for patient groups such as:

- Post joint replacement
- Post-surgery
- Post falls
- General reconditioning

If you choose your own physiotherapist or occupational therapist we will provide a comprehensive handover to ensure continuity of your care.



CALVARY ACT REGIONAL OFFICE

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calvarycare.org.au

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

In an abandoned stocking factory in Nottingham, England, Venerable Mary Potter and the Sisters of the Little Company of Mary began their mission of caring for the sick and dying. Inspired by the women who stood steadfastly with Jesus as he died upon the cross at Calvary, six courageous Sisters sailed into Sydney in 1885 where they immediately began to care for those in need. Thus began Calvary's enduring legacy of care in Australia. Today, we continue their mission in that same Spirit of Calvary in our hospitals, home and virtual care services, retirement living and residential aged care homes.



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Inpatient Rehabilitation



Hospitals | Home Care | Virtual Care
Retirement Living | Residential Aged Care

What is the Inpatient Rehabilitation Program?

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 care.

The 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 you to be committed and motivated to participate fully in your rehabilitation program and follow independent programs as prescribed.

Therapy modalities which may be prescribed to you include:

- One on one and group therapy sessions
- Gymnasium
- Therapy kitchen
- Education sessions



The services
we provide:



1. REHABILITATION DOCTOR

You will be under the care of one of our Rehabilitation Consultants who are specialists in all aspects of the assessment, management and medical supervision of the patient requiring rehabilitation. They have a unique overview of the skills and expertise of the multi-disciplinary team to develop a patient-centered, individualised treatment plan. Your referring doctor may still take an active interest in your post-operative recovery.

2. PHYSIOTHERAPY

Your physiotherapist will:

- Assess your individual needs
- Set realistic goals with you to improve strength, mobility, function, stamina and movement
- Provide a manageable home program
- Conduct individual and group sessions which work on:
 - Mobility aid education
 - Strength and range of motion exercises
 - Balance and overall re-conditioning

3. OCCUPATIONAL THERAPY

The occupational therapist may conduct:

- A self-care assessment
- A discussion to assess your home environment
- Assessment & education on transfers from the bed to the chair
- Education on transfers in and out of the car
- Planning and memory skills assessment

4. NURSING STAFF

Our rehabilitation nursing staff will provide holistic non-judgmental care, including:

- Around the clock monitoring
- Assistance with personal care with encouragement for you to become as independent as possible

- Administering medications and assessing pain relief needs
- Attending to wound management

5. NUTRITION, DIETETICS & SPEECH PATHOLOGY

You may receive a dietetic or speech pathology assessment if any of your treating team have concerns about your appetite, nutritional needs, swallowing, or speech.

6. SOCIAL WORKER, DISCHARGE COORDINATOR, VETERANS LIAISON NURSE

Our team can assist you with:

- A smooth transition from hospital to home
- Referrals to community services
- Patient empowerment and advocacy
- Co-ordination of family meetings
- Support for veterans and their families
- Short term counselling

7. ABORIGINAL LIAISON OFFICER

The role of the ALO is to connect with and support patients from an Aboriginal and Torres Strait Islander background and can provide the following services:

- A link between the medical teams and the patient/family during admission
- Social and emotional support
- Engagement and advocacy for patients and their families
- Assisting with discharge planning and accessing resources
- Networking with other service providers within the hospital structure and the wider community