

What does it cost?

Our admissions team will check with your private health fund to make sure you are fully covered.

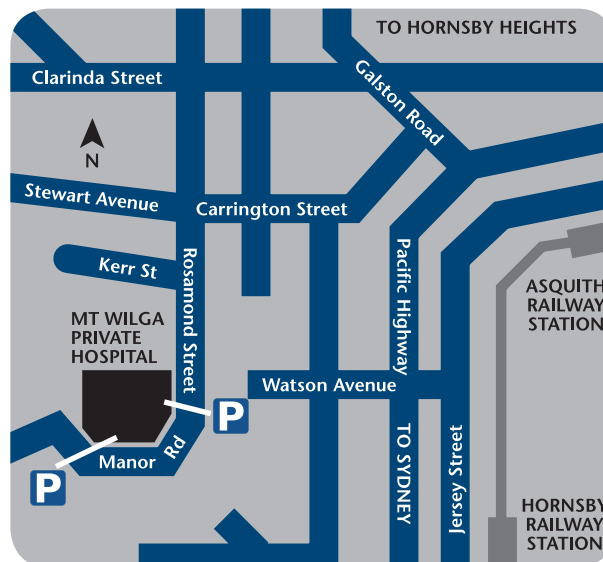
If you are not privately insured, we will provide a quote for the costs of the program.

If you hold a DVA Gold card there will be no cost to you.

Do you have transport?

Yes, we have a fleet of clean and comfortable vehicles that are driven by our team of caring and safe drivers. For further information on our daily transport fee please speak to our day program co-ordinator on (02) **9847 5086**.

We do have free onsite parking available as well on Rosamond Street and Manor Road.



Mt Wilga Private Hospital

66 Rosamond Street

Hornsby NSW 2077

Phone: (02) 9847 5000

Fax: (02) 9477 1253

www.mtwilgaprivate.com.au

People caring for people



COMMUNITY LIVING DAY PROGRAM

Living Your Best Life

www.mtwilgaprivate.com.au



MT WILGA
PRIVATE HOSPITAL

Mt Wilga Private Hospital, located in the bushland suburb of Hornsby has been providing specialist rehabilitation care for people like you for over 60 years.

As a dedicated rehabilitation hospital, we understand that after surgery, illness or injury, your goal is to get back to living your best life as quickly and as independently as possible.

Our team of professional, experienced and caring therapists will work with you to achieve your goals and assist you in your recovery.

**For a guided tour of our hospital,
please call 9847 5000**



How can I benefit from the program?

- We work together on increasing your endurance and strength which helps decrease your risk of falls and helps you to walk more independently and safely.
- We provide education and information about techniques to help you manage your daily activities more easily and with greater independence. Areas include:
 - Safety in the home
 - Falls prevention
 - Driving and transport in the community
 - Healthy eating
 - Managing issues related to ageing
 - Strategies to deal with grief and loss and;
 - Adjusting after an illness or injury

Members of your team will involve allied health professionals including occupational therapy, exercise physiology, speech pathology, dietetics, psychology and social work.



How long is the day program?

There are 8 sessions in the program and you may join the program at any time.

At the end of the program you may be encouraged to attend additional therapy based on your individual needs and goals.

What do I need to bring?

Please bring on your first day, your referral letter, relevant x-rays, private health fund and medicare card and DVA card if relevant.

For your therapy sessions, it is advisable to wear comfortable clothing for exercise, enclosed supportive shoes and bring any walking aids that you may use. We will provide you with a light lunch.

Do I need a referral?

Yes, please ask your GP or specialist to fax a referral to **9847 5089**. We will organise for you to have an assessment with one of our rehabilitation physicians and you will be managed for the duration of the program under their care.

If you are a current inpatient with us, we will organise the referral and your care will continue to be managed by your inpatient rehabilitation physician.