

CAFAT REHABILITATION

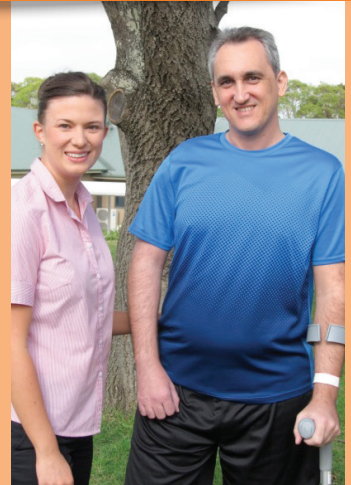
Living Your Best Life

Mt Wilga Private Hospital, located in the beautiful bushland of Hornsby, in Sydney's northern suburbs, has been providing specialist rehabilitation care for CAFAT patients like you for more than 20 years.

Our professional and caring team have extensive knowledge and experience treating people who have had a stroke, brain injury, spinal cord injury, brain or spinal tumours.

We have a wonderful reputation also in treating patients who have had a joint replacement or suffer from an orthopaedic injury or condition and for those who have had heart surgery or illness.

As a dedicated and specialised hospital committed to your rehabilitation, we understand your desire is to live your life as independently as possible whilst enjoying the best quality of life for you, your family and friends!



My Rehabilitation Team

Your stay with us as an inpatient often follows an admission at the acute hospital in Sydney. When you arrive at Mt Wilga you will be under the care of a Rehabilitation Physician and a team of professionals including Medical Officers, Nurses and Allied Health therapists dedicated to helping you achieve your goals.

Your goals may include improving your mobility, fitness, cognition, communication, diet, helping you adjust to your injury and helping with your living skills.

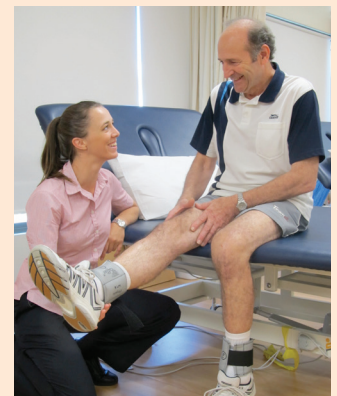
Our CAFAT therapists enjoy a good understanding of New Caledonian culture and lifestyle and some of our therapists are fluent in French.

Members of your team may include:

- Doctor and Nurses
- Physiotherapists
- Occupational Therapists
- Speech Pathologists
- Exercise Physiologists
- French Interpreters
- Dietitians
- Psychologists
- Neuro Psychologists
- Social Workers and Counsellors

Our facilities

Mt Wilga is set in the quiet bushland suburb of Hornsby and we are close to transport and have free onsite parking. Your family may wish to stay close to you and we have accommodation available within walking distance to the hospital.



Our facilities include therapy rooms, gymnasiums and two hydrotherapy pools with all the latest equipment to help you in your rehabilitation.

Our spacious rooms have an ensuite and many have views of the surrounding bushland. You will have access to New Caledonian television on the flat screen TV in your room.

We know how important it is to you and your friends and family back home to stay in contact and we will provide with telephone and wifi cards weekly. You will also be visited by A.V.E.C. weekly to provide you with additional support or resources that you may require.

We are also able to assist with toiletries and provision of clothing if required.

What happens when I leave Mt Wilga?

Prior to your return home we will liaise with you, your family and CAFAT regarding your equipment needs, any home modifications that may be required and any referrals for ongoing rehabilitation therapy.

For some patients, it may be appropriate for you to attend our Day Program for ongoing rehabilitation prior to your returning home, however, this will be dependent upon your individual situation and your access to alternative accommodation for that period.

Do I need a referral?

Dr Murat Acar, is our specialist CAFAT Rehabilitation Physician and a referral can be faxed to our Bed Manager on **(02) 9847 5096**.



If your family would like a tour of the hospital prior to your admission, please call

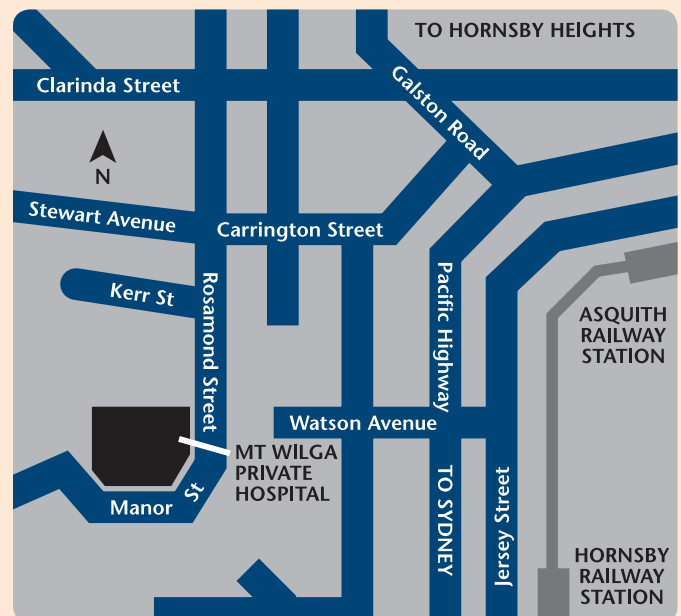
(02) 9847 5270

**66 Rosamond Street
Hornsby NSW 2077**

Main reception

(02) 9847 5000

We have plenty of free parking available on site and off street parking as well.



www.mtwilgaprivate.com.au



MT WILGA
PRIVATE HOSPITAL