

Rehabilitation

Living Your best life



For 65 years, Mt Wilga Private Hospital, located in Hornsby on Sydney's upper north shore, has been synonymous with rehabilitation.

Our philosophy is that rehabilitation involves active participation from you the patient, your family and our dedicated rehabilitation staff to achieve your goals which are meaningful and achievable. Rehabilitation provides the care, therapy and support needed to assist you towards attaining maximum independence.

As a specialist rehabilitation provider our services cater for your individual need and situation. You may be referred to stay with us in hospital as an inpatient if you require medical and nursing care. If you have established rehabilitation goals and do not need the support of inpatient medical and nursing care, a day program may be appropriate. Many of our patients may begin their rehabilitation as an inpatient and then seamlessly transfer to our day program.

Rehabilitation inpatient and day program services:

- Joint replacements and other orthopaedic surgery for injury or trauma
- Stroke/Neurosurgery
- Spinal cord injury or tumour
- Spinal surgery
- Pain management including back pain
- Osteoarthritis management day program
- Cardiac surgery or condition
- Lymphoedema management
- Post cancer treatment, illness or surgery
- Reconditioning for the older person
- Other muscle related conditions
- Neurological conditions (MS, Parkinson's Disease, Motor Neurone Disease)
- Amputation and prosthetist fitting
- Driver assessment and training

Your rehabilitation team may include:

- Rehabilitation specialist and medical officer
- Rehabilitation nurse
- Physiotherapist
- Exercise Physiologist
- Speech Pathologist
- Occupational Therapist
- Dietitian
- Social Worker and Discharge Planner
- Psychologist and Neuro Psychologist
- Pharmacist

Upon your admission as an inpatient, you will have individual assessments with your doctor, nurse and allied health therapists. If you are attending our day program, patients who have not attended as an inpatient will have an initial appointment with their Rehabilitation specialist prior to admission.

These assessments will determine your tailored rehabilitation program to work towards achieving your goals.

How can I be referred to Mt Wilga for rehabilitation?

Prior to your surgery, it is advisable to discuss your rehabilitation options with your surgeon or GP. If you are currently in hospital, please discuss your rehabilitation with your case manager, discharge planner or doctor and a referral can be sent to our bed manager for an inpatient or day program stay.

If you are currently at home, your GP or specialist can also refer you as an inpatient or day program admission.

How do I know if I am covered by my private health insurance

Our admissions team will check with your private health fund prior to your inpatient or day program admission and notify you before admission if any out of pocket charges apply.

How often and for how long will I require rehabilitation?

As an inpatient, your program will be multidisciplinary with the type and frequency of therapy dependent upon your requirements and goals. Therapy is available daily. Your team meet weekly at case conference to discuss your overall health, progress and achievements of goals, discharge planning and referral to our day program.

If you are on a day program, a schedule will be developed upon your individual treatment needs. However, many of our patients commence the day program twice a week for four weeks. The team conducts fortnightly case conference and your progress will be reviewed. If required an extension to your program may be recommended.

Is transport available for attending the day program?

Mt Wilga has transport available for people attending a day program. Transport is available within a certain radius from Mt Wilga and fees apply. Please speak to the day program team about your transport requirements.

Is there parking available?

Mt Wilga has two free car parking sites at the hospital. The main car park can be accessed via Rosamond Street and the other at the rear of the hospital is located off Manor Road.

Your account information

Upon discharge, you are asked to pay any costs not covered by your health fund. If you have been involved in a work or road related accident and are claiming compensation, the insurance company must accept financial liability prior to admission.

We are happy to be accredited by the Department of Veterans Affairs as a Tier 1 facility and if you are a gold card holder, you will not require prior approval from DVA.

For some services including x-ray and pathology you may receive separate accounts or we will bill Medicare on your behalf.

We accept all credit cards (except AMEX), EFTPOS, cheques and cash to settle your account.

For a tour call **9847 5000**
For further information please go to
www.mtwilgaprivate.com.au



Ramsay Health Plus, located at Mt Wilga provides a diverse range of allied health services, clinics and classes to the community.

- Physiotherapy and Exercise Physiology
- Hydrotherapy
- Independent gym programs
- Physio Exercise Classes
- Dietetics and Weight Management
- Speech Pathology
- Psychology
- Occupational Therapy including Driving Assessments

Ramsay Health Plus, Mt Wilga is a Registered Provider of the **National Disability Insurance Scheme (NDIS)**. We are registered to provide the following supports.

- Therapeutic supports in Physiotherapy, Occupational Therapy, Speech Pathology, Psychology and Hydrotherapy
- Physical wellbeing activities with our Exercise Physiologists and Dietitians
- Driving assessment, training and new driver consultation with our Occupational Therapists
- Home modifications, mobility, transfer and activities of daily living equipment

Contact Us:

Inpatient Referrals

P: 9847 5270

F: 9847 5096

email: Referral.MWP@ramsayyhealth.com.au

Day Program Referrals and Transport

P: 9847 5015

F: 9847 5089

Ramsay Health Plus:

P: 9847 5015

F: 9847 5089

E: therapybookings.mwp@ramsayyhealth.com.au