

Mt Wilga Private Hospital

People caring for people



Rehabilitation

Living Your Best Life



www.mtwilgaprivate.com.au

Ph: (02) 9847 5000

MT WILGA
PRIVATE HOSPITAL

About Mt Wilga Private Hospital

Mt Wilga has been providing specialist rehabilitation care to people like you for over 60 years.

Located in Hornsby, a bushland suburb in Sydney's north, we offer peaceful surroundings to help you focus on your rehabilitation whilst enjoying free onsite parking and close proximity to public transport making it easy for family and friends to visit.

As a dedicated rehabilitation hospital and day therapy centre, we boast large private rooms all with ensuites. We have large modern therapy and gymnasium spaces and inviting hydrotherapy pools.

Our facilities are important however it is our team of professional, experienced and caring staff who will help you to achieve your rehabilitation goals and assist in your recovery.

We look forward to welcoming you to our hospital.



What is Rehabilitation?

At Mt Wilga, our philosophy is that rehabilitation involves active participation from you the patient, your family and our staff to achieve patient centred goals that are meaningful and achievable. We work together step by step to help you live your best life, as independently as possible; after surgery, illness, accident or managing a health condition.

As a specialist rehabilitation provider we provide services to meet your individual needs. You may need to stay with us in hospital as an inpatient, otherwise it may be appropriate for you to attend therapy as a day patient or outpatient whilst residing at home.

We aim to

- provide a warm and caring environment that is conducive to your recovery
- provide a service with the objective of helping you reach your full potential
- provide assistance in planning your ongoing care and long term follow up where relevant

We offer rehabilitation programs for

- Joint replacements
- Stroke
- Brain or spinal cord injury or tumour
- Spinal surgery
- Pain Management including back pain
- Cardiac surgery
- Lymphoedema
- Cancer surgery, treatment or illness
- Reconditioning for the older person after surgery, injury or illness
- Orthopaedic surgery, injury or trauma including fractures, ankle fusion and foot surgery
- Other muscle related conditions
- Multiple Sclerosis
- Parkinsons Disease
- Late Effects of Polio
- Amputation and prosthetist fitting
- Driver Assessment program



Inpatient information

Inpatient rehabilitation is suitable if you need the support of medical and nursing care as well as allied health care while getting back on your feet.

Many of our patients are transferred from an acute care hospital after surgery, accident or illness to commence their rehabilitation.

How can I become an inpatient?

Prior to your surgery you may wish to discuss your rehabilitation options with your surgeon or GP.

If you are currently at another hospital, please discuss your rehabilitation with your case manager, discharge planner, nurse or doctor and a referral can be faxed directly to our bed manager on (02) **9847 5096**.

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

You may wish to contact your private health fund directly however our admissions team will check with your private health fund prior to your admission.

Upon admission you will be asked to sign documentation necessary to claim from your private health fund. If you are unable to sign, please make arrangements for a family member or official carer to sign on your behalf.

What do I need to bring for my admission?

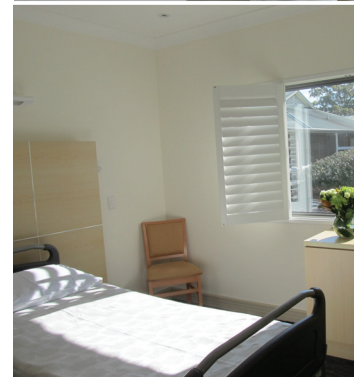
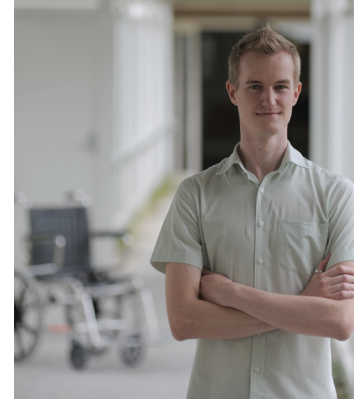
- Referral letter
- Private health fund insurance details
- Medicare card
- Compensation details if your hospital stay is related to workers compensation or third party claim
- Department of Veterans Affairs (DVA) card if relevant
- Pension, pharmaceutical benefits and concession cards if relevant

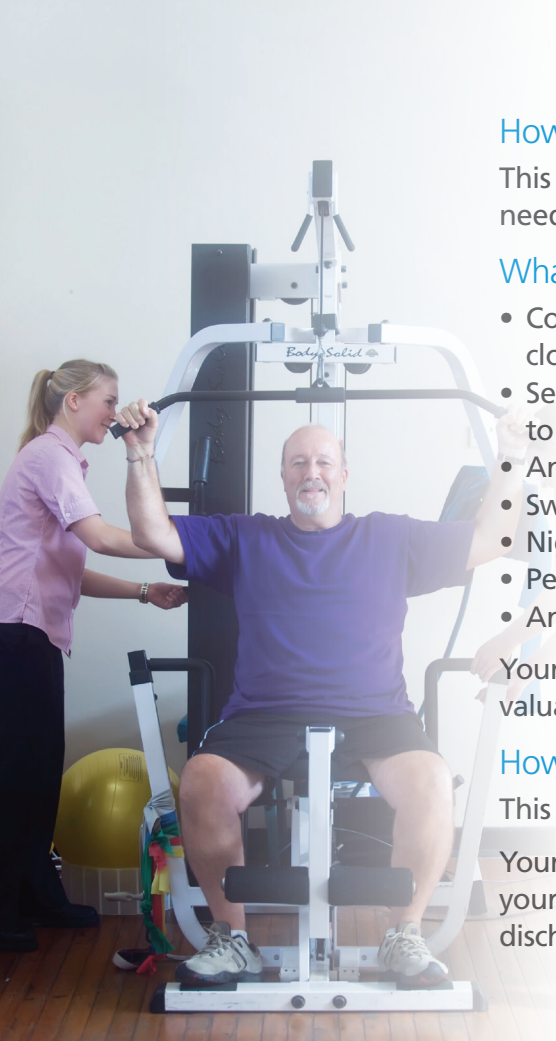
What therapies are available as an inpatient?

You will have individual assessments by your doctor, nurse and allied health therapists as soon as possible and within 24 hours of your admission.

During these assessments your rehabilitation program will be individually tailored and combined with your rehabilitation goals, your rehabilitation physician may refer you to:

- Physiotherapy
- Hydrotherapy
- Occupational Therapy
- Exercise Physiology
- Dietetics
- Speech Therapy
- Social Work
- Discharge Planning
- Neuro Psychology
- Psychology
- Recreational Therapy





How often will I have therapy?

This is dependent upon your rehabilitation goals and your individual needs as assessed by your rehabilitation physician.

What do I need to bring to the hospital?

- Comfortable clothing for therapy, please do not bring tight fitting clothing
- Sensible walking shoes and any orthotics you have been wearing prior to your surgery or injury
- Any walking aids or equipment you may need or use at home
- Swimming costume
- Nightwear, dressing gown and slippers
- Personal toiletries
- Any medications you are currently taking

Your room will have a small safe however we recommend you leave valuables including jewellery at home.

How long will I stay in hospital?

This is dependent upon achieving your inpatient rehabilitation goals.

Your rehabilitation team will meet weekly at a case conference to discuss your overall health, rehabilitation progress and achievement of goals, discharge planning and any future referrals for the day program.

Day Patient Information

Our day program is suitable if you have established rehabilitation goals but you do not need the support of inpatient medical or nursing care.

The day program helps you achieve your rehabilitation goals and assists you in your recovery. It may help you return to work, driving, your favourite leisure activity and for others it may help you live as independently as possible in the community.

How can I become involved?

If you are a current inpatient, it will be discussed with you either by your rehabilitation physician or members of your allied health team.

If you are currently at home, please ask your GP or specialist to fax a referral to the day program co-ordinator on (02) **9847 5089**.

Once we have received your referral we will contact you to organise an initial assessment with a rehabilitation physician. It will be decided at this assessment what therapies will be most beneficial to you.

Your schedule of appointments will be then be co-ordinated with you by our day program co-ordinator who can be contacted on (02) **9847 5221 / 5086**.





What allied health therapies are available?

Depending upon your individual needs your rehabilitation physician may refer you to:

- Physiotherapy
- Exercise physiology
- Occupational therapy
- Hydrotherapy
- Dietetics
- Speech therapy
- Psychology
- Neuro psychology
- Social Work

How often do I attend?

Your attendance is dependent upon your individual treatment and your rehabilitation physician's recommendations. However many of our patients commence the day program twice a week for four weeks.

The team conducts fortnightly case conferences and your progress will be reviewed and an extension to your program may be recommended.

Is transport provided?

We understand that providing transport is a convenient and safe option for many of our patients.

We have a fleet of vehicles used for patient transport and we have a wonderful team of caring and courteous 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.

What do I need to bring?

On your first day please come to the admissions office which is located just inside the main hospital entrance. Please bring the following with you just on this day:

- Referral letter and relevant x-rays
- Private health fund and medicare details
- Compensation details if your treatment is workers compensation or third party

Please wear comfortable shoes that are flat and enclosed. Clothing may include shorts, pants or tracksuits and for your comfort we ask that you do not wear tight fitting clothing or skirts.

If you are doing hydrotherapy please bring a swimming costume, towel and personal toiletries for showering.

We provide all our day patients with a light lunch including a sandwich and juice and there are tea and coffee making facilities in the day program lounge.



A woman with brown hair, wearing a light blue button-down shirt, is standing next to a large, white, anatomical model of a human spine. She is pointing with her right hand towards the lower part of the spine. The background is a bright, clinical setting with some yellow storage bins visible.

Outpatient Information

We offer a range of services if you are seeking consultation and/or treatment for a specific rehabilitation problem but do not need the co-ordination of a rehabilitation physician or a team of allied health members.

Our services include physiotherapy, speech therapy, occupational therapy, exercise physiology and hydrotherapy. We also offer a range of programs designed for patients who have recently completed a day program but would like to continue exercising independently.

You will be treated by an allied health therapist who has expertise in your condition. Your treatment plan will be based on your individual needs to ensure the best outcome for you. Your allied health therapist may refer you for other services if appropriate.

Do I need a referral?

Please call our outpatient receptionist on (02) **9847 5015** to discuss whether you will require a referral from your GP or specialist. For many of our services you can refer yourself, much in the same way that you would visit a doctor or dentist.

Patient Information

Information about your Account

Patients covered by Private Health Insurance

Prior to your admission your private health insurance details are obtained and a health fund check will be performed. You will be asked to sign claim forms to enable the hospital to claim from your fund on your behalf.

At discharge you are asked to pay any costs that have not been covered by your health fund.

Self Funded Patients

As a self funded patient we ask you to pay the estimated cost of your hospitalisation upon admission. At discharge, any additional charges will need to be paid.

Third Party/Workers Compensation Claims

If you have been involved in a work or road related accident and are claiming compensation, the insurance company must accept liability for any hospital costs incurred prior to admission.

All accounts will be forwarded to your insurance company on your behalf.

Department of Veteran Affairs (DVA) Patients

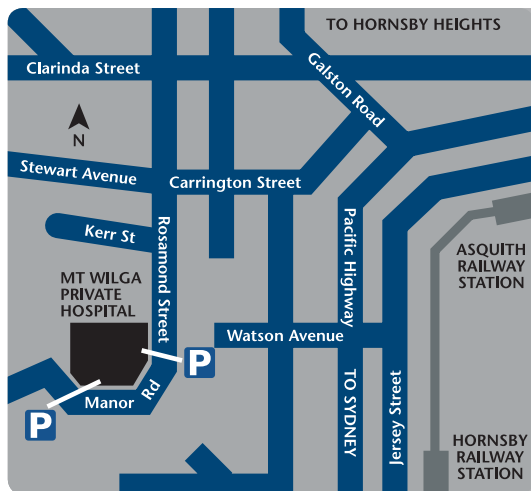
We are happy to be accredited by the Department of Veterans Affairs as a Tier 1 facility. As a gold card holder you will not require prior approval from DVA for admission.

Medicare Accounts

For some services including medical visits, x-ray and pathology you may receive separate accounts or we will bill Medicare on your behalf. Any cheques sent to you by Medicare for these services should be sent to the hospital along with any outstanding amount. You may be able to claim any outstanding amounts from your private health fund.

Method of Payment

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



Contact Numbers

Hospital reception (general enquiries) (02) 9847 5000

Inpatient admission (02) 9847 5270

Day patient admission (02) 9847 5086

Outpatient administration (02) 9847 5015



Mt Wilga Private Hospital

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