

## Referrals

### FOR DOCTORS

Our Day Rehabilitation Service referral form can be downloaded from our website,

[www.standrewshospital.com.au/services/rehabilitation](http://www.standrewshospital.com.au/services/rehabilitation)

Once completed, please return the form via Fax to (07) 3834 4291 or by email to [sawmh-dayrehab@uhealth.com.au](mailto:sawmh-dayrehab@uhealth.com.au)

### Parking and transport

Parking is offered for Day Rehabilitation patients at a discounted rate of \$10. You can access the carpark located underneath the hospital via the entry on North Street, Spring Hill.

The Spring Hill Loop (route 30) is a free Brisbane City Council bus service. This service runs to and from Brisbane CBD to bus stops located within walking distance of St Andrew's.

For more information about getting to the hospital, please visit our website, [www.standrewshospital.com.au/patients-and-visitors/visit-the-hospital](http://www.standrewshospital.com.au/patients-and-visitors/visit-the-hospital)

### More information

For more information, please visit our website [www.standrewshospital.com.au/services/rehabilitation](http://www.standrewshospital.com.au/services/rehabilitation) or scan the QR code.



## Day Rehabilitation Service

### Our location

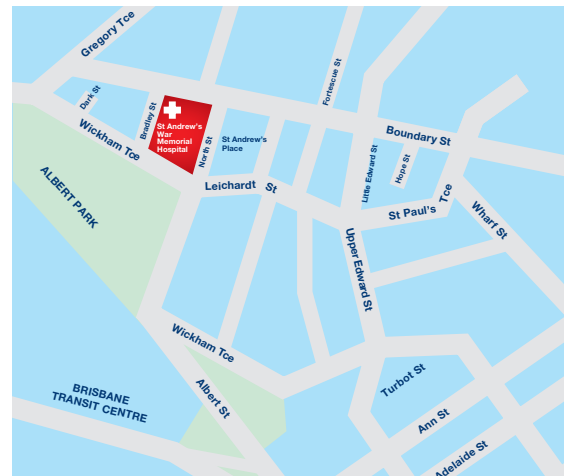
#### St Andrew's Day Rehabilitation Service

St Andrew's War Memorial Hospital  
Level 4, 457 Wickham Terrace  
Brisbane, QLD 4000

- (07) 3834 4285
- (07) 3834 4291
- [sawmh-dayrehab@uhealth.com.au](mailto:sawmh-dayrehab@uhealth.com.au)

Take the hospital's 'Yellow Lifts' to Level 4 or ask one of our staff or volunteers to help you find the clinic.

[standrewshospital.com.au](http://standrewshospital.com.au)



Version 1, June 2023



Outpatient rehabilitation programs supporting patients to regain and maximise independence

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## Welcome to St Andrew's Day Rehabilitation Service

St Andrew's Day Rehabilitation Service allows people to attend therapy sessions at the hospital while living at home. Our purpose-built, fully equipped rehabilitation service offers personalised treatment programs with support from a multidisciplinary team. The aim of our Day Rehabilitation programs is to help patients regain their optimum level of independence.

Day Rehabilitation at St Andrew's is for anyone:

- Living with a neurological condition, for example, Parkinson's disease or Multiple Sclerosis
- Who has experienced a stroke
- Recovering following orthopaedic surgery
- Recovering after a fall or who is afraid of falling
- Wanting to improve their body strength, function and mobility.

We believe teamwork is key to successful rehabilitation. Our team of health professionals includes:

- Rehabilitation specialists
- Physiotherapists
- Occupational therapists
- Speech pathologists
- Dietitians
- Psychologists
- Exercise Physiologists.

We also offer specialised rehabilitation programs, including:

- Parkinson's disease movement sessions with therapists trained in LSVT-BIG and PD Warrior which can help with mobility and function.
- Parkinson's disease voice sessions with therapists trained in LSVT-Loud and Speak Out! which can help with vocal loudness and clarity of speech.
- Back in Balance falls prevention sessions to help prevent falls.
- Reconditioning sessions to regain strength and improve walking post medical illness or surgery.



## Frequently Asked Questions

### What will I do in Day Rehabilitation?

Our multi-disciplinary team will assess your individual needs and develop a comprehensive treatment program to help you achieve your goals. This will include individual and some group based therapy.

### How often do I need to attend therapy sessions?

Therapy is based on your individual rehabilitation goals. Sessions can range from 90 minutes to 3 hours at a time (times are variable depending on your health fund) and generally run twice a week for between 4 to 6 weeks. This will be discussed with you at your first appointment.

### What does Day Rehabilitation cost?

If you have private health insurance, in most cases, the cost will be covered by your insurer.

We will check your level of cover prior to your first appointment. Funding may also be available through Department of Veteran's Affairs.

### How do I get started?

A referral is required from your GP or specialist. Once the referral has been received, you will be contacted to make an initial appointment.