

Alwyn Rehabilitation Hospital

The Alwyn Rehabilitation Hospital has served the community since 1958. It is an independently owned and operated private hospital dedicated completely to physical rehabilitation.

We have built a reputation for providing high quality care that has resulted in excellent outcomes for our patients. Situated in a quiet location and surrounded by leafy gardens, there is a warm and friendly atmosphere at Alwyn which helps patients feel at ease from the moment they arrive.



With only 26 inpatient beds, that includes 22 private rooms with ensuite, Alwyn is the ideal size for the individual attention required in rehabilitation.

Alwyn is not all hard work! Special morning teas to raise money for charities are some of the events held throughout the year.



Meal times are a pleasure. All meals are prepared on the premises. Our resident chef uses only fresh ingredients to prepare tasty, nutritious meals for your enjoyment and wellbeing.



Alwyn has contracts with all the major health funds in NSW, DVA, third party and workers compensation insurers. Some out of pocket expenses are to be expected. Patients will be informed of any additional costs at time of admission.

If patients are not covered by any of these insurers, they may be able to be admitted to the program as a self-funded patient. Please contact the hospital for more information.

Discharge time is 10am. Transport arrangements should be made by the patient on the day prior to discharge. If ongoing home care is required, hospital staff will make the referral to the appropriate community services.



Visiting Hours

Monday - Sunday
9am - 8pm

Alwyn is a non-smoking facility.

1 Emu Street
Strathfield NSW 2135
Tel: 02 9747 5333
Fax: 02 8745 2250
Email: info@alwyn.com.au

www.alwyn.com.au

A consumer representative has been involved in the development of this brochure (May 2017).

A fully accredited rehabilitation hospital

Alwyn offers specialised rehabilitation programs for patients following:

- Orthopaedic surgery
- Recent injury or accident
- Acute and chronic musculoskeletal disease
- Back pain
- Limitations in mobility
- Neurological disorders

THESE PROGRAMS CAN BE DELIVERED AS
AN INPATIENT OR DAY PATIENT PROGRAM

What is Rehabilitation?

Rehabilitation is a process that aims to maximise your recovery and independence after illness or injury. You are encouraged to consider what you need to be able to do to function safely at home, as this forms the basis of your rehabilitation.

Treatments Available

- Therapeutic exercise
- Mobility retraining
- Hydrotherapy
- Balance retraining
- Prescription and training in use of equipment
- Assessment and retraining in self-care
- Communication skills assessment and retraining



The Hydrotherapy Pool uses the latest technology to maintain water quality at a temperature of 34°C

The Team

We offer a holistic service with a multidisciplinary team of professionals that work closely under the direction of the Rehabilitation Specialists in collaboration with your GP and Specialists. There is a doctor in attendance Monday to Friday.

The team also includes: Nurses, Physiotherapists, Occupational Therapists, Psychologist, Social Worker, Dietitian and Speech Pathologist. A program will be designed in consultation with you, to help you recover and effect a timely and safe discharge.

The Program

The overall objective of the rehabilitation program is to return patients to their optimal level of functioning in all areas of daily life. Consequently, the program addresses the patient's physical, cognitive and psychosocial needs. There are two exercise sessions daily to help improve mobility – one in the gym and one in hydrotherapy. Hydrotherapy is a therapeutic approach that uses water exercises, particularly effective following joint surgery and in pain management.

The Patient

Our patient-centred approach means you are the most important member of the team. We involve YOU in your care by: sharing treatment decisions; taking your preferences into consideration; and providing education in self-care, falls prevention and medication management. The emphasis is to “help you to help yourself.”

What to Bring

Patients are required to bring the following:

- Comfortable loose fitting day clothing
- Safe footwear eg. flat shoes with rubber soles
- Appropriate swimwear for hydrotherapy
- Dental hygiene items
- Shampoo and soap is provided but you can bring your own if preferred
- All your medications and prescriptions
- Electric razor, if shaving assistance is required
- Medicare card
- Private Health Insurance cards/details
- Pension/Concession cards if applicable

Day Program

The Aim

The aim of the Day Program is to provide a treatment service for those patients who are more independent and do not require in-hospital care. Admission to the program is by referral to the Rehabilitation Physician who will assess all patients.



**A REFERRAL
LETTER FROM
YOUR GP
IS REQUIRED**

Refer general enquiries and referrals to the Director of Clinical Services by telephone, fax or email. A hospital staff member will contact you.

General Criteria for Admission

- The patient must be medically fit; their cognitive ability allows them to participate; and they must be willing to participate in the program.
- The patient must be able to arrange their own transport to and from the hospital.
- Issues related to mobility, transfers, self-care and continence will be assessed prior to admission to the program.

What to Bring

- Comfortable loose-fitting clothing
- Safe footwear
- Appropriate swimwear for hydrotherapy
- Any prescribed mobility aids
- Medicare and Private Health/Concession cards