

SPEECH PATHOLOGY

Speech pathology provides an assessment and therapy program for people with communication problems resulting from stroke, neurological disorders or head injury.

It also provides assessment and management of swallowing difficulties, ensuring that the diet is tailored for individuals.

SOCIAL WORK

The social worker is here to advocate for all clients of day program and their families. There are links in the community that you may not have access to or know about.

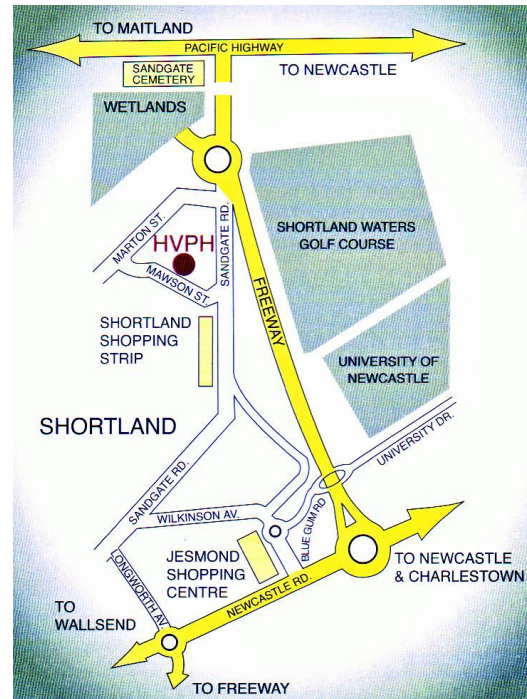
The social worker will assess what your needs are and make the necessary referrals. Social workers are also trained counsellors and are happy to help you with any problems or can simply be just a good listening ear when needed.

We are committed to helping each person gain and maintain as much autonomy as possible.

DIVERSIONAL THERAPY

Diversional therapy provides an opportunity to participate in a variety of leisure and recreational activities. These are designed to support, challenge and enhance your overall sense of well-being. The focus is on social and cognitive activities to compliment your rehabilitation program.

HOW TO FIND US



Referrals

You can contact us directly

or

your general practitioner or other health care provider can refer you to our services.

HVPH Allied Health
20 Mawson St Shortland 2307
Phone (02) 4944 3777
Fax (02) 4944 3788
www.hvph.com.au

Hunter Valley Private Hospital

Rehabilitation Day Program



HVPH
HUNTER VALLEY PRIVATE HOSPITAL
where caring comes naturally

Welcome to Day Program

- Day Program has two sessions, one commences at 9am and one at 11am. Duration of the program is 5 hours.
- Please wear comfortable clothes and shoes.
- Morning tea and lunch are provided by the hospital.

What to Bring

- Please bring walking aids necessary for ambulation
- If your program includes hydrotherapy you will be required to bring swimmers and towel.
- You will be responsible for your own medications while at Day Program. Please ensure that you bring them with you.

During your time with us you will be involved in a rehabilitation program that provides treatment from the following disciplines:



NURSING

- Daily admission and observations.
- Checking of wounds and replacing dressings.
- Co-ordinating patients to their therapies.
- Assisting with undressing and dressing for hydrotherapy.
- Consulting with your rehabilitation specialist about ongoing treatment.
- Organising discharge and outpatient therapies.

OCCUPATIONAL THERAPY

Occupational therapy aims to help people enhance their level of functioning and independence in Activities of Daily Living e.g. work, leisure and self-care tasks. Where required, occupational therapists organise the provision of assistive devices and equipment, upper limb exercise programs, energy conservation strategies and home visits.



PHYSIOTHERAPY

Your physiotherapist will assess your current level of function regarding walking, transfers, upper limb and lower limb strength and balance. They will prescribe an exercise program to enable you to reach your optimum level of function. This can include hydrotherapy and land-based exercises as well as a home exercise program specially tailored to your individual needs.

AQUATIC THERAPY

Aquatic therapy is a form of physiotherapy performed in a heated pool and uses the properties of water to assist in your treatment. Our pool is heated to 35°C.

Aquatic therapy can be used for relaxation, pain relief, strengthening muscles, improving balance and for joint mobilisation.

