

How do I access rehabilitation services?

Rehabilitation services can be accessed at multiple locations across South Australia, and you will be referred to a service that is most suited to your rehabilitation goals. Most rehabilitation services are provided at no cost.

A referral can be provided by:

- > Your treating doctor and team if you are currently in hospital
- > Your General Practitioner (GP) if you are in the community.



Rehabilitation Services

Information for consumers and carers



Government of South Australia

SA Health



For more information

www.sahealth.sa.gov.au

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Government of South Australia

SA Health



What is rehabilitation?

If you have had a major illness, injury or surgery, rehabilitation can help you to recover and maximise your independence.

Rehabilitation can improve your ability to lead an active life.

What rehabilitation services are available?

There are several types of rehabilitation:

- > Day rehabilitation
- > Rehabilitation in the Home
- > Telerehabilitation
- > Inpatient rehabilitation
- > Statewide Rehabilitation Services – SA Brain Injury Rehabilitation Services and SA Spinal Cord Injury Services.

Your health professional will advise the right type of rehabilitation for you based on:

- > Whether or not you need to be in hospital
- > The level of care you need
- > Your ability to access hospital-based services
- > Whether it is safe and appropriate to provide care in your home
- > The amount of rehabilitation needed to achieve your goals.

Rehabilitation services are located across South Australia. Health professionals with different areas of expertise can work with you to establish realistic rehabilitation goals based on your needs.

Day Rehabilitation

- > Provided at a hospital or health service for people who are living at home.
- > You may attend multiple sessions per week.

Rehabilitation in the Home

- > Provides people who have been in hospital with access to therapy at home, instead of in a hospital setting.
- > Provided in your home at times convenient to you.
- > You may also be provided with loan equipment to support your rehabilitation.

Telerehabilitation

- > Uses video conferencing technology to connect you to rehabilitation services.
- > You can access telerehabilitation from your local hospital or in your own home using an iPad, tablet, phone, laptop or loan device.
- > Works together with face-to-face appointments so you don't need to travel too far from home for every appointment.
- > Telerehabilitation can be offered as part of your Day Rehabilitation or Rehabilitation in the Home programs.

Inpatient Rehabilitation

- > Provided to people who need to be in hospital.
- > Focused on returning you to independence to allow you to return home.

