

## ACCESSING OUTPATIENT SERVICES

Our general admission criteria state that clients must have the capacity for functional gain and be:

- Receiving optimal medical management
- Living in the community within Northern Sydney Area Health Service
- Able to access the Centre for treatment
- Aged 16 - 65 or still working
- Consenting to treatment
- Motivated to achieve goals identified

Fee for service options for those not meeting this criteria are available.

Please contact us for further information.



## CONTACT INFORMATION

For all referrals and enquiries please contact the Outpatient Department Reception Office:

Phone: 02 9808 9218

Fax: 02 9809 9073

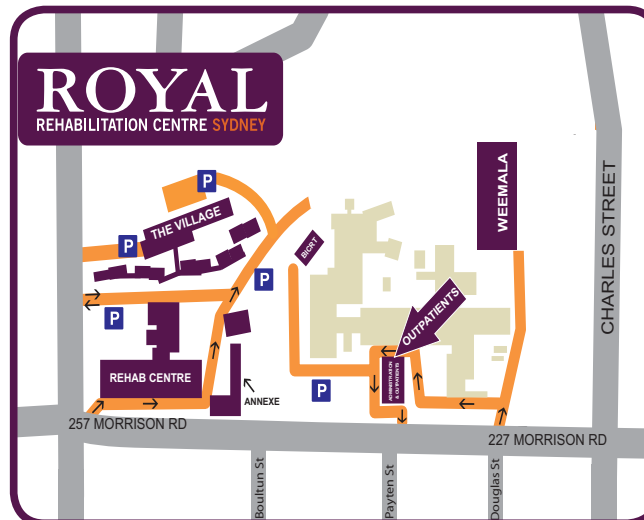
227 Morrison Road, Putney  
PO Box 6, Ryde, NSW 1680

[www.royalrehab.com.au](http://www.royalrehab.com.au)

## OUTPATIENT DEPARTMENT

The Outpatient Department at the Royal Rehabilitation Centre Sydney provides a range of goal directed individual and group therapy programs for clients living within Northern Sydney.

The Outpatient Department provides services to clients who have experienced a decline in function as a result of an injury or illness and aims to enhance the quality of life enjoyed by all our clients.



*Maximising abilities - Optimising lifestyles*

## WHAT DOES OUTPATIENTS PROVIDE?

The Outpatient Department provides goal oriented therapy services. Therapy programs are typically time limited to 12 weeks.

Programs are developed to meet the specific needs of clients and delivered by an experienced therapy team qualified in the fields of:

- Physiotherapy
- Occupational Therapy
- Speech Pathology
- Social Work
- Dietetics
- Neuropsychology
- Input from a rehabilitation medical specialist is available as required

Individual and group interventions are available including:

- 'Talk Time' – for clients with aphasia.
- Upper Limb Group – for clients with loss of upper limb function following a neurological event
- Physiotherapy exercise groups

In addition to providing therapy intervention the team will work with clients and their family/carers to provide education and information to assist with the management of ongoing limitations. Links will also be made to other services, as required.

## BENEFITS OF OUTPATIENTS REHABILITATION:

- Ability to access multiple allied health services in the one team
- Holistic, individual programs tailored to the needs of each client
- Timely and efficient continuum of care
- Reduced length of time spent in hospital
- GP regularly updated on your care and progress

Successful rehabilitation requires a partnership and active participation from all parties involved, including the client, their family/carers and the members of the Rehabilitation team.



*Maximising abilities - Optimising lifestyles*

## ACCESSING OUTPATIENT SERVICES

Anyone can make a referral to outpatient services, for example:

- Medical Specialist
- General Practitioner
- Self
- Family/carers
- Nurse
- Allied Health Professionals

Medical clearance must be obtained from the treating GP before clients can be accepted into the program. This ensures the GP is kept informed of the client's progress throughout the program and the highest level of care is provided to the client.

