

Hours of Operation

Monday to Friday:
8:00am to 4:00pm
Closed on Public Holidays

Transport

People may come to the Rehabilitation Day Therapy Unit by:

- Private transport (this is preferred)
- Private community transport services. These exist in some areas, however availability is limited. Staff can provide you with contact details.

Referral

All external referrals should be made to the Central Patient Intake (CPI) of The Prince Charles Hospital by Fax on 1300364952; all internal referrals should be made via Refer.

Compliments and Complaints

Your feedback is important to us.

Patients who have any questions or concerns regarding their care or service provided should ask staff for assistance. However, if you require further assistance, please contact the District Liaison Officer on (07) 3139 4479. The officer will provide information, answer your questions, discuss your suggestions and investigate complaints.

The Australian Charter of Healthcare Rights is also available to resolve complaints and improve the safety and quality of health services in Queensland. Phone (07) 3120 5999 or 1800 077 308 (free call outside of Brisbane).

Location

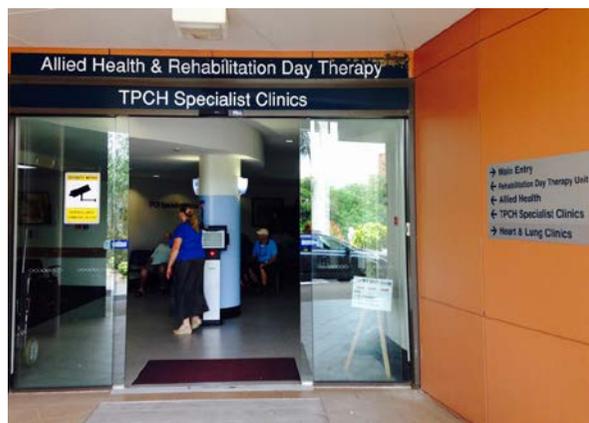
The Rehabilitation Day Therapy Unit is located on the ground floor through the Allied Health doors off Rode Road.

Cost

There is no charge involved in receiving therapy at RDTU for patients who have Medicare cover.

Parking

There is limited on-street parking available surrounding The Prince Charles Hospital. A privately owned car park is available in the grounds of the hospital. Hourly rates apply.



Rehabilitation Day Therapy Unit

The Prince Charles Hospital
Rode Road
Chermside QLD 4034

Phone (07) 3139 4798
Fax: (07) 3139 6565

Version 5: November 2014
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THE PRINCE CHARLES HOSPITAL

Metro North Hospital and Health Service



REHABILITATION DAY THERAPY UNIT (RDTU)

An Ambulatory Rehabilitation Service



**Queensland
Government**

The Rehabilitation Day Therapy Unit (RDTU) offers a comprehensive assessment and rehabilitation service for patients living within Metro North Hospital & Health Service.

Aims

- To help people enjoy an active and independent lifestyle in the community following accident, illness or debility.
- To support and educate patients, caregivers and family members.

Patient Population

RDTU has approximately 150 people coming each week for rehabilitation. This includes adults of all ages with a variety of disabilities following neurological conditions such as stroke, brain injury, and Parkinson's disease, orthopaedic conditions, deconditioning, chronic pain and cardio respiratory conditions.



Services Provided

- Medical assessment and treatment in conjunction with the patient's GP. (Referral from a medical officer required)
- Physiotherapy, occupational therapy and speech pathology programs tailored to each patient's needs.
- Support, education, counselling and advice for patients and care givers.
- Social work appointments available.
- Assessment regarding potential for return to drive and return-to-work programs.
- Arrangement and liaison with community services including community support groups
- Referral to other specialist or Allied Health services as needed.
- Health education and promotion.
- Nursing consultation available upon request
- Special programs including Vestibular services, the Lee Silverman Voice Treatment and Spasticity services.

Staff

A team approach is central to the planning and delivery of rehabilitation programs and includes the following:

- Rehabilitation doctor
- Physiotherapist
- Speech Pathologist
- Occupational Therapist
- Rehabilitation Nurse
- Social Worker
- Administration Officer

Setting Rehabilitation Goals

Rehabilitation goals focus on maximum functional ability such as balance, confidence while walking, improving the strength of limbs, regaining independence for everyday personal and domestic tasks, improving memory and thinking skills.

The rehabilitation plan is developed around S.M.A.R.T. goals.

- Specific
- Measurable
- Achievable
- Realistic
- Time limited

Please think about the goals you would like to set for yourself before attending your first appointment and discuss these with your treating team.

Length of Rehabilitation and Intensity of Therapy

Patients usually attend the RDTU for a period of up to six to eight weeks, at which time the treating team and patient will review progress towards personal goals. If further rehabilitation goals can be achieved, the program may be extended.

Our team will also help patients and their family to manage home exercise programs and make plans for further follow-up in their local area if this is needed after the rehabilitation day therapy program finishes.