

Do I need a referral?

An inpatient referral can be faxed directly to Mt Wilga Private Hospital by your Specialist on **9847 5096**.

If you would like to attend our Day Program, please ask your GP or Specialist to fax a referral to **9847 5089**.

Our Rehabilitation Physicians all have rooms at Mt Wilga Private Hospital

- Dr Murat Acar
- Dr Grace Leong
- Dr Simon Chan
- Dr Alan Lam
- Dr Joanna Murray

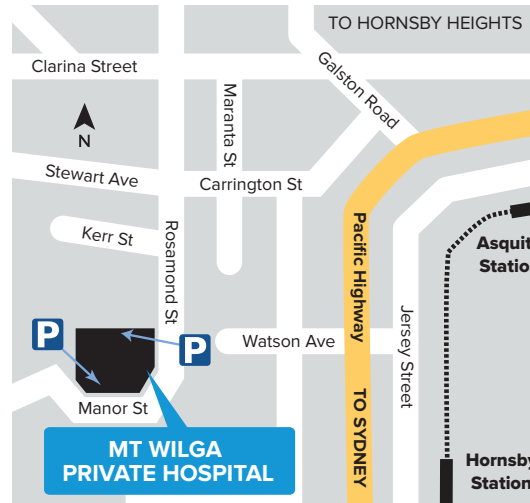
For a tour of our hospital, please call **9847 5000** or a tour of our Day Therapy Centre, call **9847 5345**.

What does it cost?

Our Admissions team will check with your private health insurer to make sure you are fully covered. Some private health insurers have a limit on how many sessions you can attend under a Day Program. For your own peace of mind, you may wish to contact your health insurer directly. If you are not privately insured, we will provide a quote for the cost of the program.

Do you have transport to attend the Day Program?

We understand you may not be able to make your own way to our Day Therapy Centre. We have safe and friendly transport available to you at minimal cost, please call 9847 5086. We also have plenty of free parking available.




**Mt Wilga
Private Hospital**
Part of Ramsay Health Care

66 Rosamond Street
Hornsby NSW 2077
Ph: 02 9847 5000

mtwilgaprivate.com.au

People caring for people.

Neurological Rehabilitation



Have you had a stroke, a
brain or spinal cord injury?

Have you been diagnosed
with another neurological
condition?

RehabilitationCare


**Mt Wilga
Private Hospital**
Part of Ramsay Health Care

Mt Wilga Private Hospital, located in the beautiful bushland suburb of Hornsby, has been providing specialist neurological rehabilitation care for people just like you for over 60 years and is the largest provider of private rehabilitation services in NSW.

Our professional and caring team has extensive knowledge and experience treating people who have had a stroke, traumatic or acquired brain injury, spinal cord injury, brain or spinal tumours. We specialise in Parkinson's Disease, Multiple Sclerosis, people who have the Late Effects of Polio and other nervous system disorders.

As a dedicated specialist rehabilitation centre, we understand your desire is to live your life as independently as possible whilst enjoying the best quality of life for you, your family and friends.



How can the Neurological Team help me?

Our Inpatient Program is for people who require 24 hour medical and nursing care. An inpatient stay often follows an admission at an acute hospital, however, you may also be admitted from home. It focuses on intensive therapy to allow you to return home or to alternative accommodation if needed.

The Day Program often follows an inpatient admission at Mt Wilga, but also occurs for people living at home. The Day Program focusses on improving your ability to complete activities of daily living, your mobility, your fitness, your ability to communicate, your quality of life and wellbeing.

Your Rehabilitation Physician will work with you and your team to help you achieve your goals. Members of your team may include:

- Doctor and Nurses
- Physiotherapists
- Occupational Therapists
- Speech Pathologists
- Exercise Physiologists
- Dietitians
- Psychologists
- Neuro Psychologists
- Social Workers and Counsellors
- Driving Assessors

How long is my Program

The length of your Inpatient Stay will be dependent upon your progress and your specific needs and goals.

Your Day Program is designed to meet your individual needs and work towards achieving your goals. Your initial program may be 4 to 6 weeks in length and includes 2 to 3 allied health therapies daily based on your Rehabilitation Physician's recommendation.

Your rehabilitation team meets fortnightly to discuss your progress and any outstanding goals. Upon discharge you will be provided with relevant information from the team such as exercise programs, referrals to other services or home based therapy.



What do I need to bring on the Day Program?

- Comfortable clothing, enclosed supportive shoes, water bottle and towel
- On the first day please bring relevant x-rays, medical reports, private health fund and medicare card
- Light lunch, tea and coffee are complimentary
- If you require assistance for mobility and self-care, please bring a family member, friend or carer with you.