



*Regain*  
strength and independence  
with our clinical therapists



icare™





# Friendly and expert support

**If you can no longer do the things the way you used to because of an illness, injury or disability our clinical therapies team can help.**

With the right care, physical and emotional support, it is possible to rebuild your confidence, independence and strength to greater levels than you will be able to achieve on your own.

You may need a range of therapies to help you recover from injury or to manage the symptoms of disease or life with a disability. Because our therapy is based on a multidisciplinary approach, all the experts involved will be working together to help you achieve the best possible and most efficient results.

Your situation is unique and the capacity of our caring health professionals to first understand your goals and design a personal program to help you reach them is second to none.

We can visit you in the convenience of your home, in locations around the community or at our facility at Ryde. By regularly monitoring your progress, we can answer your questions and fine tune your personal program for the greatest possible results.

If you or your loved one is grappling with one of these injuries or conditions, talk to us about how we can help.

- Stroke
- Multiple sclerosis
- Guillain-Barre syndrome
- Parkinson's disease
- Motor neurone disease
- Post-spinal surgery
- Post neurosurgery
- Neuropathy
- Myopathy
- Peripheral nerve injuries
- Nerve root damage or spinal cord damage
- Acquired brain injury
- Orthopaedic conditions
- Musculoskeletal conditions
- Deconditioning
- Post-operative care
- Traumatic brain injury
- Spinal cord injury
- Chronic and complex disability

# Live more confidently with us



## Occupational Therapy

Having trouble with the previously 'simple' things is common after injury or illness. Our occupational therapists can recommend equipment, environment modifications and memory strategies to make everyday tasks easier, such as:

- personal care and grooming
- getting out and about, including using transport
- preparing food
- sleep and resting comfortably
- cognition, memory and planning
- returning to work



## Physiotherapy

The right physiotherapy program can help you recover more quickly from injury or better manage a long-term illness or disability. Exercise, muscle training and physical strategies can help to:

- improve your musculoskeletal wellbeing
- reduce your risk of future injuries
- increase your mobility and flexibility
- help you to manage and prevent ongoing pain

We are also very experienced in treating the connection between the brain, muscles and nerves which is important if you need help re-learning movements.



## Recreational Therapy

Our recreational therapists can develop the skills, knowledge and confidence to independently participate in recreation and leisure activities that interest you the most. This might include introducing you to adapted equipment to help you get back to doing the things you love, from dipping your toes in the surf to cycling, fishing, playing tennis and much more.



## Clinical Horticultural Therapy

Many people find that connecting with nature adds to their overall sense of wellbeing. Our unique clinical horticultural therapy program can help you develop or re-learn skills you need for everyday life while incorporating the physical and psychological benefits of tending a garden.

We provide support such as:

- Assessment of ability to complete gardening activities
- Assistive technology prescription, including adaptive gardening tools
- Linkage to community resources and programs, including Royal Rehab's gardening group



## Speech Pathology

Your injury or illness may make it harder to talk, swallow or breathe. You may have heard these referred to using more technical terms:

- aphasia – understanding or expressing thoughts using language
- dysarthria – pronunciation, pitch, volume, speed and coordination of speech
- apraxia – coordinating the voice, lips and tongue
- dysphagia – swallowing food or liquids

Our speech pathologists can design a program including swallowing, cognitive and memory training, speech practise or muscle exercises to help you communicate more effectively.



## Social Work

Our social workers can help you transition back into the community and access support that you need. This can include:

- counselling and advice for you and your unpaid carers
- advice and advocacy related to possible benefits, entitlements and finances
- psychosocial assessment of the impact of your illness or disability on your life
- helping you to navigate funding and support systems including NDIS
- accessing community services that can assist you
- psychosexual counselling to support your sexual needs and function



## Dietetics

Your diet and nutritional intake can all be affected by your condition. If you have difficulty eating or your illness or disability impacts how and what you can eat, you may be at risk of weight loss, fatigue, dehydration and muscle wasting. Your calorie intake may also need to be adjusted as your mobility changes.

Our dietitians can work closely with you and our other therapists to help make sure your body is getting the energy it needs to heal or be as fit and strong as possible.



## How to access the service

You can access our clinical therapies by contacting us directly. We do not require a referral from a health professional. You will simply be asked to complete an information form to help us understand your needs.



## Fees and charges

Your clinical therapies program may be funded through the NDIS (under Improved Daily Living or Social and Community Participation), icare or third-party insurers. You can also pay for the program as an individual.



## *Place yourself in trusted hands*

Royal Rehab is Australia's leading not-for-profit provider of rehabilitation and disability support services. Established in 1899, we are passionate about helping you recover as much independence and quality of life as possible. Our clinical therapies are part of our service offering which includes:

- **Private Hospital and Day Rehabilitation** – exceptional clinical care for orthopaedic conditions, stroke recovery, neurological conditions including Parkinson's disease and multiple sclerosis, reconditioning and more.
- **Disability Services** – accommodation, drop-in and live-in support, help with community participation and navigating the NDIS.
- **Community Rehabilitation** – programs by clinical therapists who can help you gain strength, abilities and independence at home or in a community location.
- Specialist spinal and brain injury inpatient rehabilitation units.

**Whatever your goals, talk to us about how we can help.**

## *Contact us today*

T. 02 9808 9369

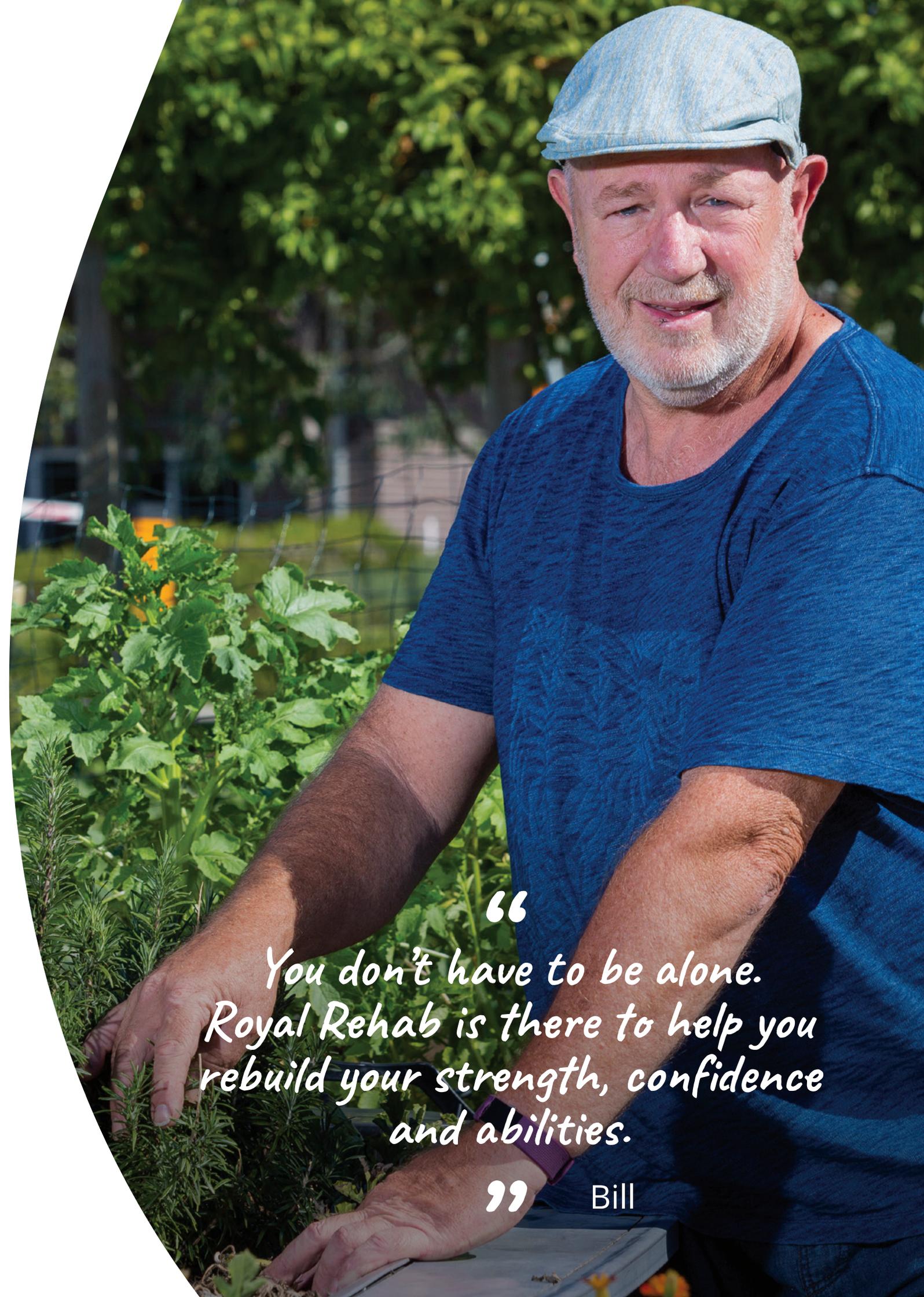
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*You don't have to be alone.  
Royal Rehab is there to help you  
rebuild your strength, confidence  
and abilities.*

”

Bill



**Royal Rehab**

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