

The Community Rehabilitation Centre also provides Specialist Clinic services. These include:

Specialist Continence Clinic

For clients with bladder/bowel dysfunction.

Specialist Falls and Balance Clinic

For clients with falls, mobility and balance problems.

These clinics provide specialist assessment, diagnosis and intervention for clients with specific conditions.



Referrals are welcomed from GP's, community services, case managers and other health professionals. Self referral is also accepted



Cost:

\$15.00

or

\$10.00 with a pension or health care card.

No cost for group programs unless specified

- Services are free for children (under 18 years)
- DVA Card Holders
- Aboriginal or Torres Strait Islander people

Protecting your privacy

Our staff are committed to respecting your confidentiality and preserving your privacy. We will keep your personal information secure and protected from unauthorised access or improper use, and we will only disclose information about you if it is authorised by you or mandated by law.

For session enquiries or bookings please contact
Community Rehabilitation Centre
Crn McCrae & Splatt Street, Swan Hill
Phone: 5033 9321 Fax: 5033 9320
www.shdh.org.au
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Community Rehabilitation Centre (CRC)



Community Rehabilitation Centre

The Community Rehabilitation Centre (CRC) provides short-term, goal oriented rehabilitation services to members of the Swan Hill catchment.

The services on offer are aimed at individuals who have a disability, are chronically ill, or are recovering from traumatic injury, medical or surgical conditions.



Services Available

The Community Rehabilitation Centre is part of Swan Hill District Health - Primary Care Division. It offers a range of outpatient centre based or home based programs including:

Allied Health appointments

Individual appointment sessions are available for allied health and nursing disciplines. The multidisciplinary team includes; Physiotherapy, Occupational Therapy, Speech Pathology, Exercise Physiology, Podiatry, Dietitian, Continence Nurse, Cardiac / Pulmonary Nurse and Allied Health Assistants.

Eligibility Criteria does apply

Cardiac Rehabilitation

Tuesday 1.30 - 3.30pm
7 week education / exercise program
Facilitator: Cardiac Nurse

Heart Failure Program

Thursday 10.30 - 12.30pm
10 week education/exercise program
Facilitator: Cardiac Nurse

Pulmonary Rehabilitation

Friday 10.30 - 12.30pm
10 week education/exercise program
Facilitator: Pulmonary Nurse

Falls & Balance Group

Monday 1.30 - 3.30pm
10 week education/exercise program
Facilitator: Physiotherapist/Allied Health Assistant

Orthopaedic Group

Friday 1.00 - 2.00pm
Group exercise for clients undergoing rehabilitation following orthopaedic surgery / conditions.
Facilitator: Physiotherapist / Allied Health Assistant

EASE Pain

Wednesday 1.30 - 3.00pm
4+ week education/exercise program
Facilitator: Physio/OT (Cost \$40)

Hydrotherapy

Wednesday 11 - 12pm & 12 - 1pm
Location: Swan Hill Specialist School
Facilitator: Exercise Physiologist / Physiotherapist (Cost \$60 for 6 weeks)

Healthy Lifestyle Programs

The following programs run on a rotational basis, for 8 weeks.
Facilitator: Allied Health Assistant

- **Nordic Walking**
- **Tai Chi for Arthritis**

Neurological Group

Tuesday 10.30 - 11.30am
Group exercise for clients recovering from / or managing a neurological condition
Facilitator: Exercise Physiologist

Exercise (Gym Time)

Tues 11.30 - 12.30pm & Friday 9.00 - 10.00am
Group exercise for clients requiring individualised exercise programs in a supervised environment
Facilitator : Exercise Physiologist

Transition Exercise Group

Wednesday 10.30 - 11.30am
Group exercise for clients transitioning from Cardiac / Pulmonary / Heart Failure Rehabilitation Programs, into community based programs
Facilitator: Exercise Physiologist

Social Communication Group

Friday 2.00 - 3.00pm
Weekly group session for participants with communication difficulties.
Facilitator: Speech Pathologist

