



Referrals are welcomed from GP's, community services, case managers and other health professionals.

Self referral is also accepted



Cost:

\$15.00 (\$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

FOR MORE INFORMATION CONTACT:

Department | Community Rehabilitation Centre

Address: Crn McCrae & Splatt Streets, Swan Hill

Phone: (03) 5033 9321

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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, Care Coordination, Exercise Physiology, Podiatry, Dietitian, Continence Nurse/Physiotherapist, Cardiac / Pulmonary Nurse.

Eligibility Criteria does apply

Healthy Lifestyle Programs

The following programs run on a rotational basis, for 8 weeks.

Facilitator: Allied Health Assistant

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

Cardiac Rehabilitation

8 week education / exercise program
Facilitator: Cardiac Nurse

Heart Failure Program

8 week education/exercise program
Facilitator: Cardiac Nurse

Pulmonary Rehabilitation

8 week education/exercise program
Facilitator: Pulmonary Nurse

Falls & Balance Group

10 week education/exercise program
Facilitator: Physiotherapist/Allied Health Assistant

Orthopaedic Group

Group exercise for clients undergoing rehabilitation following orthopaedic surgery / conditions.
Facilitator: Physiotherapist / Allied Health Assistant

Osteoarthritis Group

Individualised exercise programs for those living with hip and knee arthritis, completed in a group setting and supervised by physiotherapists and exercise physiologists.

Exercise (Gym Time)

Group exercise for clients requiring individualised exercise programs in a supervised environment
Facilitator : Exercise Physiologist

Social Communication Group

Weekly group session for participants with communication difficulties.
Facilitator: Speech Pathologist

Neurological Group

Group exercise for clients recovering from, or managing, a neurological condition
Facilitator: Exercise Physiologist / Physiotherapist

Transition Exercise Group

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

Specialist Clinics

The Community Rehabilitation Centre also provides Specialist Clinic services, including:

Chronic Pain Clinic

Multidisciplinary rehabilitation, support and education for those living with chronic pain

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, and intervention for clients with specific conditions, in liaison with relevant specialists.