

What do I do on the day of my appointment?

**Parking:**

There is some short term and long term street parking available in close proximity to the Centre. However, please note this is limited so please arrive early for your appointment to accommodate for parking. Alternatively we have a drive through drop off and pick up zone that can be used.

**What do I need to bring with me?**

- Your Medicare card
- A list of any current medications
- Any relevant test results or X-ray disks from services outside of Swan Hill District Health

Please remember to request any attendance certificates/ forms you require prior to leaving the clinic on the day of your appointment.

**What do I do if I want to change my appointment?**

If you need to reschedule or cancel your appointment you should contact us on 03 5033 9321.

**How is my privacy protected?**

Unless you tell us otherwise, we will inform your GP of the outcome of your rehabilitation.



**FOR MORE INFORMATION CONTACT:**

**Department | Community Rehabilitation Centre**

**Address:** 58 McCrae Street, Swan Hill

**Phone:** (03) 5033 9321

**Email:** [crc@shdh.org.au](mailto:crc@shdh.org.au)

**Web:** [www.shdh.org.au](http://www.shdh.org.au)

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**Community Rehabilitation  
Centre (CRC)**

# Community Rehabilitation Centre

The Community Rehabilitation Centre (CRC) is part of Swan Hill District Health, Community Care. It provides short-term, goal oriented rehabilitation services to members of the Swan Hill catchment. These services offer a range of outpatient programs (provided at our centre or in the home) aimed at individuals who have a disability, are chronically ill, or are recovering from traumatic injury, medical or surgical conditions.

## Services Available

### Allied Health appointments

Individual appointments can be made with allied health and nursing disciplines, including: Physiotherapy, Occupational Therapy, Speech Pathology, Care Coordination, Exercise Physiology, Podiatry, Dietetics, Continence Nurse, Continence Physiotherapy, Cardiac Nurse and Respiratory Nurse.

### Cardiac Service

Education and exercise for heart failure and other cardiac conditions.

1:1 input, or 8 week group programs

Facilitator: Cardiac Nurse

### Respiratory Service

Education and exercise for pulmonary conditions.

1:1 input, or 8 week Pulmonary group program

Asthma education

Spirometry (lung function testing)

Facilitator: Respiratory Nurse

### Transition Exercise Group/ Heart and Lung Group

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

Facilitator: Exercise Physiologist or Allied Health Assistant

### 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

Facilitator: Physiotherapist / Exercise physiologist

### Exercise (Gym Time)

Group exercise for clients requiring individualised exercise programs in a supervised environment

Facilitator: Exercise Physiologist

### Neurological Group

Group exercise for clients recovering from, or managing, a neurological condition

Facilitator: Exercise Physiologist / Physiotherapist

### Healthy Lifestyle Programs

The following 8 week programs run on a rotational basis.

Facilitator: Allied Health Assistant

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

## Specialist Clinics

The Community Rehabilitation Centre also offer a range of Specialist Clinics which provide specialist assessment and intervention for clients with specific conditions, in liaison with relevant specialists.

Our Specialist Clinics include:

### Persistent Pain Service

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, balance and/or vestibular problems

## Referrals

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

Once your referral is received, it will be reviewed by the consulting team and prioritised based on clinical urgency. We will notify you of the outcome, clinical priority and expected waiting time. If your condition should change significantly whilst awaiting your appointment, please consult your GP for further advice.

## Cost

All services are free of charge.