



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

*Self referral is also accepted*



**Cost:**

\$10.00 per visit

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:** 58 McCrae Street, 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, Community Care. 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, Continence Physiotherapist, Cardiac Nurse, Respiratory 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 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

### 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

### 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

### Specialist Clinics

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

#### 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.

***These clinics provide specialist assessment, and intervention for clients with specific conditions, in liaison with relevant specialists.***