



Specialist
rehabilitation is
in easy reach.



Patient Information



EDEN
Rehabilitation Centre

www.edenrehab.com.au



Welcome to Eden

Eden Rehabilitation Centre is the only dedicated private rehabilitation facility between Brisbane and Cairns.

Located in Cooroy, just 20 minutes from Noosa, we offer the intimacy of a country hospital combined with a unique, dedicated focus on rehabilitation.

From the moment you walk through our doors, the energy of each and every staff member is directed towards working with you and your family to achieve an optimum level of functioning, mobility and independence.

Whether you require a hospital stay or access to our day therapy programs, our experienced teams of specialist healthcare professionals are committed to providing you with the very highest standard of compassionate care in a friendly, supportive and therapeutic environment.

Please discuss your suitability for an appropriate rehabilitation program with your Specialist or General Practitioner.

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What is Rehabilitation?

Rehabilitation programs help people recovering from injury, illness or surgery regain their strength and/or mobility, relearn skills and find new ways of doing things - ultimately functioning with the highest possible level of independence.

Rehabilitation often focuses on:

- Physical therapy to build strength, mobility and fitness
- Occupational therapy to help with daily activities
- Management of pain

Therapy programs and goals are designed in conjunction with the person to meet their individual needs.

The Benefits of Rehabilitation

The benefits of commencing a rehabilitation program soon after your surgery, injury or illness include reduced:

- recovery time
- pain and suffering
- likelihood of hospital re-admission
- level of injury impairment
- and a quicker and safer return home

Programs and Services

We value your input, and that of your family members, in determining the goals and objectives of your therapy program. You are an active member of your treatment team.

We offer rehabilitation services in the following specialties:

- **Orthopaedics** – joint replacement/reconstructive surgery, amputations, fractures, spinal injuries
- **Reconditioning** – people recovering slowly from surgery, acute illness or general debilitation
- **Neurological** – including Parkinson's Disease, Multiple Sclerosis and Stroke
- **Musculoskeletal** - back pain, fractures, arthritic conditions
- **Pain Management**

Day Therapy Program

Depending on your condition, you may not require hospitalisation and be referred to our Day Therapy Program. This comprises full, half or quarter day sessions with allied health specialists, access to a well equipped gymnasium and comprehensive education program.

If you are admitted to Eden Rehabilitation Centre you may also be referred to our Day Therapy Program at the conclusion of your hospital stay for follow-up therapy.

Our Team

Rehabilitation is a complex process. During your therapy program you will interact with a variety of medical, nursing and allied health professionals who work together to assist you in achieving your goals.

The Eden rehabilitation team comprises:

- Specialists in Rehabilitation Medicine
- Registrar
- General Practitioners
- Nurses
- Physiotherapists
- Occupational Therapists
- Exercise Physiologist
- Speech Pathologist
- Psychologist/Psychiatrist
- Dietitian
- Therapy Assistants
- Hotel Services
- Administration





Your Stay at Eden

At Eden Rehabilitation Centre, your comfort is recognised as an important factor in your recovery.

You will enjoy air conditioned accommodation in either a single ensuite room or two-bed room with shared ensuite facilities. All rooms are spacious, light and airy and equipped with personal telephones and televisions.*

Our kitchen staff pride themselves on the preparation of fresh, nutritious, home-cooked meals which are planned in conjunction with a Dietitian. Please advise our nursing team of any particular dietary requirements and we will happily prepare a suitable menu.

Local Accommodation and Transport

The involvement of family members in your care is encouraged and valued. Should distance be a prohibiting factor for family members residing outside the local area, our staff may be able to assist in making arrangements for local accommodation.

We can also help make arrangements for family members requiring transport from home to visit you at Eden.

What to Bring With You

- Casual, comfortable day clothing suitable for therapy
- Flat, supportive shoes
- Night attire
- Swimming costumes for hydrotherapy if required
- Personal toiletries
- Mobility aids
- Current medications and drug prescriptions
- Spectacles, hearing aids
- Reading material if desired
- Health insurance details, Medicare card, Veterans' Affairs card, pension number, safety net number
- WorkCover approval if applicable

** Whilst we will endeavour to provide your accommodation of choice, we ask for your understanding should this be unavailable.*

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Valuables

We cannot be responsible for the security of personal items. For this reason, please leave large sums of money and items of value including jewellery and credit cards at home.

Smoking

Eden Rehabilitation Centre is a smoke-free environment.

Visiting Hours

Our priority is to involve you in a full and active rehabilitation program, which operates seven days a week.

While we value the involvement of family members, we do request that visiting hours for non-family members be nominated to after 3pm on weekdays and after midday on weekends.

Cost

We have agreements with most private health funds and have Tier One Provider Status with the Department of Veterans' Affairs.

Please check with your health fund regarding any excess payments you might be required to make.

Your daily room charge includes all therapy and use of rehabilitation aids during your stay.

As a not-for-profit organisation, we try to keep out-of-pocket expenses to a minimum. However accounts for personal purchases and phone calls must be settled prior to going home.

We look forward to welcoming you to Eden.

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