



**MannaCare**  
WIDER CHOICES FOR OLDER PEOPLE

# Rehabilitation and GymActive

## WHAT IS REHABILITATION?

Older people often require specialist allied health services to assist with their physical, functional and cognitive abilities. It could be after returning home from hospital, or if they are having difficulty completing everyday tasks.

This enables them to remain living in their community. MannaCare provides extensive rehabilitation resources through Doncaster Rehabilitation Services.

## WHAT IS THE DONCASTER REHABILITATION SERVICE?

Doncaster Rehabilitation Services (DRS) specialises in the provision of allied health services including physiotherapy, occupational therapy, and podiatry.

Utilising these services, MannaCare provides individual and group sessions in a well-equipped facility.

Services are offered on a short-term basis and are delivered under the guidance of Allied Health Professionals.

## WHAT ARE THE REQUIREMENTS FOR ACCESS TO REHABILITATION SERVICES?

A referral is necessary from a hospital, doctor or other health professional to apply for access to rehabilitation services.

A DRS therapist will complete a comprehensive assessment and devise a goal-focused treatment plan, which is reviewed regularly.





## WHAT IS GYMACTIVE?

GymActive is a program utilising Doncaster Rehabilitation Service's state of the art strength and cardio exercise equipment, designed to meet the needs of older people.

It also incorporates stretching, strengthening, balance and co-ordination exercises.

This program will suit people who like to work autonomously and are able to self-direct their own gym program under limited supervision.

Offering a more supportive environment than is available in a commercial gym, GymActive is accessible to older residents of the Eastern Metropolitan Region.

## WHO IS ELIGIBLE FOR REHABILITATION SERVICES AND ACCESS TO THE GYMACTIVE FACILITY?

These services are available to any person living within the Eastern Metropolitan Region who is aged:

- 65 years or older,
- 50 years or older and identify as an Aboriginal and/or Torres Strait Islander person, or
- 50 years or older and on a low income, homeless or at risk of homelessness

Doncaster Rehabilitation Service is governed by the Commonwealth Home Support Programme Guidelines.

For more information about rehabilitation services and GymActive, call MannaCare on 9856 1210.



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