



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.

We provide our allied health services both in centre (in our gym facility) or in home.

Our physiotherapy services include:

- Individual sessions
- Group exercise classes
- Telehealth
- Equipment prescription (walking aids, etc)

Our occupational therapy services include:

- Home Safety Assessments (including Home Modification recommendations where required)

- Equipment prescription (personal alarms, wheelchairs, assistive technology, etc)

DRS group services include:

- Restorative and maintenance exercise classes
- Balance groups
- Parkinsons group
- Oncology groups
- GymActive program

WHAT ARE THE REQUIREMENTS FOR ACCESS TO REHABILITATION SERVICES?

A referral through My Aged Care or service provider (eg, HCP) is required to access Doncaster Rehabilitation Services (DRS).

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

WHO IS ELIGIBLE FOR REHABILITATION SERVICES?

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. Please contact My Aged Care on 1800 200 422 or through myagedcare.gov.au to get a referral.

Alternatively you can contact us on 1300 90 20 23 if you would like information or assistance with this process.

