

RIGHTS & RESPONSIBILITIES

If you would like a copy of the Rights and Responsibilities brochure you may either request one from a member of the Community Rehabilitation Service (CRS) team or by contacting the hospital direct on 5173 8000.

OUR SHARED VISION

We will be a leading regional health care provider delivering timely high quality accessible, integrated and responsive services to the Gippsland community.

OUR CORE VALUES

- Person Centred Care
- Integrity
- Excellence
- Working Together

CONTACT US

If you would like to make a referral or obtain further information about the program please contact:

Community Rehabilitation Services
5173 8383 - telephone
5173 8386 - fax

Hours of operation – Allied Health:

Monday to Friday
8.00am – 4.30 pm
Closed Public Holidays

Allied Health Department
Latrobe Regional Health
Village Avenue, Traralgon West

PO Box 424, Traralgon, Vic 3844

Website: www.lrh.com.au

Endorsed by LRH Consumers 2024



Stroke Rehab Group

Have you recently experienced a stroke?



What is the Stroke Rehab Group?

Stroke Rehab Group is for people who have recently experienced a stroke. Our aim is to provide stroke survivors and their carers with up to date information and resources regarding stroke recovery. There will also be a practical activity component to the program. The program is run over eight (8) weeks and is delivered by a multidisciplinary team of health professionals.

Who attends the Stroke rehab group?

Any person who has experienced a stroke in the last 6 months is eligible to attend the program.

People need to be medically stable to attend the group. Clients will need a current medical summary from their GP, specialist or Allied Health Clinician prior to attending.

What are the benefits

- Broader knowledge of how the condition affects you.
- Better understanding of your medical condition.



- An understanding of strategies that may assist with the management of the condition.
- Understanding of your symptoms and management.
- Information about equipment that may help with your daily functioning.
- Information about community services which may be beneficial for people living with stroke.
- Increased knowledge of stroke risk factors.
- Support network.

Who presents the education sessions?

Education sessions are designed to be informative, interactive and within a supportive environment. Education is presented from a multidisciplinary team including:

- Ambulance Victoria
- Nursing Stroke Co-ordinator
- Occupational Therapist
- Physiotherapist
- Dietician
- Social worker
- Speech pathologist

How much will it cost?

The group is a free service

When does the Stroke Rehab Group run?

The stroke rehabilitation group will run Wednesdays from 1-2:30pm at LRH in the CRS Group room, in the Allied Health Department. This group is a eight (8) week program.

We encourage carers/family to attend with clients, particularly for the education session.

Transport:

The use of private transport is encouraged. If clients are unable to access private transport, information regarding alternative arrangements can be provided.

Non-attendance

A CRS staff member must be notified if a client is unable to attend the sessions. Where possible, advance notice of holidays or other appointments should be provided to staff.

Interpreter Services:

Interpreters are arranged if necessary at no cost to you.