

## Referrals and Enquiries:

You can refer yourself to Community Rehabilitation.

Doctors and other health workers, the hospital, carers, family members and community agencies can also make referrals.

Your doctor is notified of your admission and discharge from Community Rehabilitation.

## Contact Details:

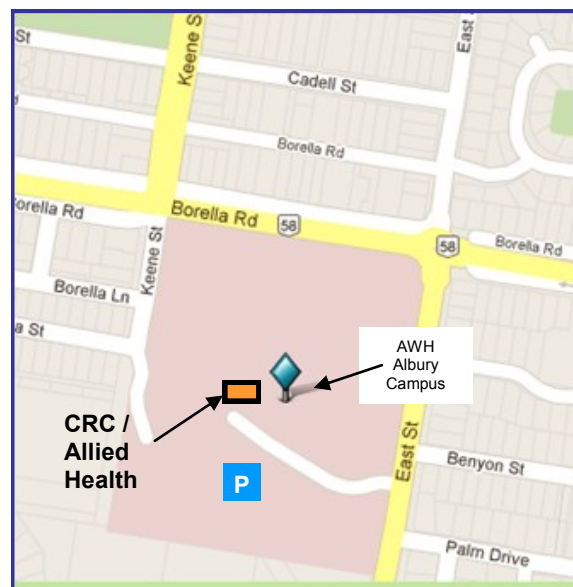
**Allied Health Building  
PO Box 326  
Albury NSW 2640**

	Phone	02 6058 4830
	Fax	02 6058 4520
	Internet	<a href="http://www.awh.org.au">www.awh.org.au</a>

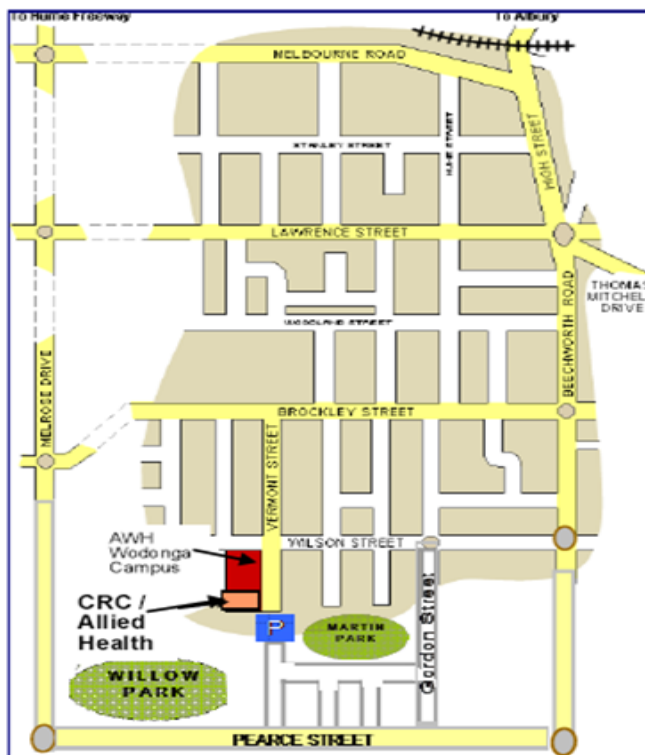
**Community Rehabilitation  
CRC / Allied Health Building  
PO Box 156  
Wodonga Vic 3689**

	Phone	02 6051 7400
	Fax	02 6051 7430
	Internet	<a href="http://www.awh.org.au">www.awh.org.au</a>

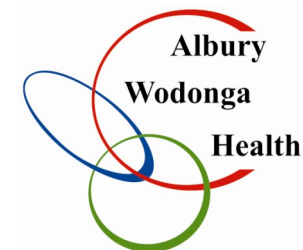
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201 Borella Road Albury



73-75 Vermont Street, Wodonga.



## COMMUNITY REHABILITATION CENTRE Albury & Wodonga



ALBURY HOSPITAL



WODONGA HOSPITAL

## What is Community Rehabilitation?

Community Rehabilitation is an outpatient service for people who have a physical disability, are frail, chronically ill, or are recovering from traumatic injury.

Community Rehabilitation also helps people who have newly emerging chronic symptoms that require assessment, diagnosis and treatment.

This service aims to improve and maintain a person's optimal independence in the community or in their daily life.

### Community Rehabilitation is open

Monday to Friday  
8:30 am to 5.00 pm

## What Services are Provided?

Our team of health professionals includes:

- Allied Health Assistant.
- Dietitian.
- Exercise Physiologist.
- Nurse.
- Occupational Therapist.
- Physiotherapist.
- Social Worker.
- Speech Pathologist.
- Rehabilitation Specialist.

### Rehabilitation Programs Include:

- Cardiac Rehabilitation.
- Exercise Rehabilitation Group.
- Falls and Balance Program.
- General Rehabilitation.
- Neurological Rehabilitation.
- Lymphoedema.
- Pulmonary Rehabilitation.

## What does a Rehabilitation Program Involve?

- An initial assessment by a rehabilitation health professional.
- Setting therapy goals with your health professional.
- Participating in individual or group therapy aimed at achieving your goals.
- Therapy may be at the Community Rehabilitation Centre or at your home.
- A small fee applies for individual and group attendance.