

# Rehabilitation in the home (RITH)



Rehabilitation in the home (RITH) is available to any MBPH patient who has been admitted for surgery, accident or a medical event that has impaired their functional ability.

RITH aims to help the patient return to their previous activities and independence following:

- ✓ Orthopaedic surgeries or joint replacements
- ✓ Spinal conditions
- ✓ Respiratory and cardiac conditions
- ✓ Mobility problems and deconditioning

Patients presenting to the Emergency Department may also be referred to RITH once they are medically cleared but require further allied health input to avoid hospitalisation.

RITH provides the patient with physiotherapy and/or occupational therapy in their home to help facilitate discharge from hospital as soon as possible once medically stable and deemed safe to go home.

Referrals can be made by the MBPH treating physiotherapist/occupational therapist or patient flow liaison nurse.

RITH is a free service available for up to eight weeks beginning at 2-3 sessions per week reducing in frequency over the eight-week period. Appointments are available between Monday and Friday, 8.30am – 4pm (except public holidays).

The referral will be reviewed by the RITH team and accepted based on patient suitability for the program. Patient prioritisation will occur based on service availability.

The first appointment will include a comprehensive functional assessment and goal setting for therapy. These goals will be based on what is important to the patient and will help determine the treatment plan and how long the patient will stay on the program.

The referring doctor and GP will be provided with a summary of treatment outcomes when the patient is discharged from RITH.

## **RITH Physiotherapy**



**0407 555 590**

**Monday to Friday: 8am - 4.30pm**

## **RITH Occupational Therapy**



**0437 033 558**

**Monday to Friday: 8am - 4.30pm**