

Minds in Motion

Minds In Motion is a multi-disciplinary program designed to improve cognitive and physical function. The program includes leisure activities, functional activities and reconditioning. Minds in Motion is suitable for those who are wanting to increase fitness, endurance as well as self-esteem and quality of life.



What is the program?

After a consultation with our Rehabilitation Specialist, an individualised program including strength and cardiovascular training will be made to help you regain independence and resume daily activities.

- 1 - 2 sessions per week
- 1.5 - 3 hours per session (depending on health fund)
- Refreshments provided
- Individual assessment and goal setting

You may have access to:

- Physiotherapy
- Occupational Therapy
- Exercise Physiology
- Social Work
- Dietetics
- Hydrotherapy
- Diversional Therapist

How do you access the program?

- Referral from your GP or specialist

Costs?

- Most costs are covered by your Private Health Hospital Cover as Day Rehabilitation (please contact us for more information as funds vary)
- Most costs covered with, DVA Gold Card, Work Cover or Third Party Insurance



Get Well, Move Well, Enjoy Life!



Minchinbury

Holroyd

Longueville

Ashfield

Randwick

Kirrawee

Dee Why

Manly



West

Holroyd Private

9721 6800 | Holroyd@macrehab.com.au

Minchinbury Community Hospital

9625 2222 | Minchinbury@macrehab.com.au

Northern Beaches

Manly Waters Private Hospital

9977 9977 | ManlyWaters@macrehab.com.au

Delmar Private Hospital

8978 5287 | Delmar@macrehab.com.au

Upper and Lower North Shore

Longueville Private Hospital

9427 0844 | Longueville@macrehab.com.au

East

Eastern Suburbs Private Hospital

8383 7400 | EasternSuburbs@macrehab.com.au

South

President Private Hospital

9542 2929 | PresidentPrivate@macrehab.com.au

Inner West

The Sydney Private Hospital

9716 3700 | SydneyPrivate@macrehab.com.au