

# Health Recovery Package

Health Recovery packages provide **health and care** services to help you **recover** as **quickly** as possible after major surgery and hospitalisation. Major health events can throw everything in your life off balance and our experienced and caring **professionals** will take **care** of all your needs in the **comfort** and privacy of your own home.

Each Health Recovery Package can be tailored to your own health and care needs and to suit your lifestyle.

Specially designed packages are:

- Orthopaedic Surgery
- Cardiac Surgery
- Stroke

All our recovery packages will get you back to your best. After your discharge from hospital, our Occupational Therapists will assess your mobility and ensure that you have the equipment you need, while our Physiotherapists will design an exercise program, including global muscle retraining and activities of daily living training. Our nurses can provide expert care for your wounds and our trained care workers will assist you with showering and personal care as well as facilitate your exercise program.

## Build your own

You can design your own health recovery bundle to suit your own individual needs. We can assist you identify what you need and how we can help.

You also have the option to purchase one of our Home Help Services to give you that extra help around the house while you are recovering.

## Benefits

Our Health Recovery Packages will provide you with:

- A personal recovery program tailored to your needs
- Friendly and professional recovery support
- Home Help Services options
- Ongoing Fit & Well Package options

## Cost

\$180 to \$500 per week\*, depending on your needs. Services are usually only required for one-two weeks. Please contact us on 1300 363 262 to discuss your needs and arrange for a quote.

*Please note all prices are GST exclusive*

## Availability

You can enquire about any of our Health At Home Services including Health Recovery Packages seven days a week, including public holidays. Our Occupational Therapists and Physiotherapists are available Monday – Friday, while our care workers can provide service seven days a week.

Health Recovery Packages are available across the Fleurieu region, as well as the Adelaide Hills and Adelaide Metropolitan area.

## Eligibility

Home Therapy Services are available to anyone and may be funded by:

- Participating Health Funds
- Participating Private Hospitals
- Approved Compensation Claims
- Contracted organisations
- Hospital avoidance programs
- Individuals (self funded)

## Referral

Enquiries can be directed through our 24 hour contact centre 1300 363 262.

Focus Healthcare has a range of health and care services that can be tailored to meet your individual needs please do not hesitate to contact us to speak with a healthcare consultant on 1300 363 262 or visit [www.focushealthcare.net.au](http://www.focushealthcare.net.au)