

## Important Information

### Referral

A referral letter from a doctor or healthcare professional is required.

### Appointment

Rehabilitation sessions are strictly by appointments only.

Cancellation - If you urgently need to change or cancel your appointment, please inform us at least three days in advance.

Attire - Please wear comfortable clothes and shoes.

### Duration Of Treatment Session

Duration of treatment ranges from once or twice a week to once a month. Each rehabilitation session would last from 30 to 60 minutes.

### Punctuality

Please be on time for your appointment. Latecomers will be seen at the physiotherapist or occupational therapist's discretion or we may have to reschedule your appointment.



#### BUS & MRT SERVICES

B1 (ALONG THOMSON ROAD)  
SBS : 21, 56, 57, 131, 131A, 166  
SMRT : 980

B3 (ALONG MOULMEIN ROAD)  
SBS : 21, 124, 124A, 518, 518A

NS 20 (NORTH-SOUTH LINE / NOVENA MRT)

#### LEGEND

-  BUS STOP
-  TAXI STAND
-  CAR PARK
-  MRT



Centre for Geriatric Medicine enquiries and appointment line: Tel: 6359 6100 Fax: 6359 6101

#### Centre for Geriatric Medicine

A Partner of The Institute of Geriatrics & Active Ageing  
Tan Tock Seng Hospital, Annex 2, Level B1  
7 Jalan Tan Tock Seng, Singapore 308440

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# Centre for Geriatric Medicine

## Geriatric Rehabilitation Services



Tan Tock Seng  
HOSPITAL



## What Is Geriatric Rehabilitation?

Geriatric Rehabilitation is a process to improve a person's function and increase their ability to lead an active life in the community.



## Geriatric Rehabilitation Aims To:

- Prevent disability and reduce impairment through exercises and training in activities of daily living.
- Help the elderly maintain their independence in the community through the use of assistive devices and modification of the home environment.
- Identify community services that may be of assistance to them.

Rehabilitation is useful for older persons aged 65 years and above, and who may have the following problems:

- Difficulty in walking or experienced frequent falls.
- Experienced decline in day-to-day function and self-care.

## What Does The Rehabilitation Session Consist Of?

### Initial Assessment

The physiotherapist or the occupational therapist will ask you questions about your condition before proceeding to a physical assessment on your ability to walk and perform activities of daily living.

### Treatment

The physiotherapist or the occupational therapist will plan and prescribe treatment according to your needs.

### For Physiotherapy

The sessions may involve:

- Balance training
- Walking re-training
- Endurance exercises
- Strengthening exercises for upper and lower limbs

### For Occupational Therapy

The session may involve:

- Self care and caregiver training
- Home safety advice including home modification and prescription of equipment
- Home visit, if necessary
- Cognitive rehabilitation
- Low vision rehabilitation