**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.
**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