



Transport

Please contact our staff to discuss transport and parking options.

Access

Lift access to department and disabled toilets available



Outpatient Rehabilitation
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Geelong
PRIVATE HOSPITAL

MS Wellness Program



MS Wellness Program

In living with Multiple Sclerosis do you experience fatigue? Is life becoming stressful? At times do you feel overwhelmed?

Lifestyle and wellness programs are increasingly becoming recognised as an important component of care when living with chronic illness. Wellness Programs enable participants to develop the skills needed to improve quality of life and help manage the hurdles along the way.

A person with MS can still be well. Wellness means a balance of self care, play and work or other meaningful activities.

Our Aim

By participating in the MS Wellness Program you will:

- Gain and maintain physical fitness
- Learn to interpret changes in MS symptoms and determine when to self-manage or when to seek help
- Realistically set expectations for yourself
- Discover ways to communicate effectively with your healthcare team
- Develop problem solving skills to meet fluctuations in everyday abilities
- Develop mindfulness and stress management skills to improve mood and ability to cope
- Establish a community network of family, friends and health care professionals

Our Team

- The MS Wellness Program is facilitated by Geelong Private Hospital's experienced and passionate team of therapists consisting of: Physiotherapy, Occupational Therapy, Social Work, Speech Pathology, Psychology, Dietitians and Nurses

- Therapists will also liaise regularly with your GP and Neurologist to provide an integrated and co-ordinated approach to your care.

Program Structure

- At the commencement of the program you will attend an initial assessment to determine areas which require attention. We recognise that you will have your own individual needs and we aim to tailor the program accordingly.
- Access to a multi-disciplinary team
- Education and information sharing around subjects such as managing fatigue, pain, social challenges, stress management, diet and exercise
- Exercise sessions exploring different options including Pilates, Tai Chi, balance exercises, resistance training and cardio. Assistance and support to build your own self-management program.
- Mindfulness training to learn techniques which assist with working towards acceptance, living in the moment and managing negative thoughts
- Goal setting to assist you in accomplishing what's important to you and keep you moving forward

A referral from your GP is required

Cost

- All referrals are subject to a health fund check prior to commencement of the group
- You will be informed of any out of pocket expenses prior to your initial appointment
- Geelong Private Hospital has agreements with private health funds, DVA, Work Cover and TAC to provide inpatient and outpatient rehabilitation