



# Wellness @ Waratah 'Post Covid-19' Pulmonary

Working towards a healthier tomorrow

The signs and symptoms of Covid-19 are varied. Moderate to severe Covid illness can cause long-Covid, with debilitating effects on many body systems. Wellness @ Waratah is designed to support people experiencing negative Covid effects through a targeted rehabilitative program.

Joining our twice a week program over eight-to-ten-weeks, you will learn a range of techniques and strategies to help you improve your strength and cardiovascular function to aid in your recovery.

## Outcomes

You will be assessed by our multidisciplinary team to identify your current limitations and goals for therapy. A tailored rehabilitation program will then be designed to address your individual needs. A post program discharge report will also be provided to your referring doctor.

On completion of the program you will be provided with an individualised home exercise program to enable the maintenance of your condition.

## Your referral to Rehabilitation at Waratah

You may be referred to Rehabilitation at Waratah by your GP or specialist via fax (+61 2 9598 0699) or email [dayprogram@waratahprivate.com.au](mailto:dayprogram@waratahprivate.com.au)

You can call (02) 9598 0690 for any information or booking. Our intake coordinator will walk you through the next steps of admission.

Most health funds cover this program and your eligibility will be checked before starting the rehabilitation. You may also self-fund your recovery and a quote will be issued to you upon request.

## Your rehabilitation program striving to a healthier tomorrow

### OCCUPATIONAL THERAPY

Our Occupational Therapist will assess for cognitive changes and use specific tools to assess for fatigue, functional limitation and mood disorder. Your treatment sessions will be goal based with functional re-training with focus on your daily living activity. In addition to learning relaxation techniques you will be provided with practical advice to help you with energy conservation, dealing with brain fog, controlling your anxiety and generally improving your quality of life.

### EXERCISE PHYSIOLOGY/PHYSIOTHERAPY

Our Exercise Physiologist or Physiotherapist will assess your fitness level and your respiratory function. They will design an exercise plan tailored to your needs, symptoms and level of fatigue.

Your symptoms and fatigue level will also be monitored between sessions and strength and conditioning exercises will be progressed to help achieve your functional goals for a healthier tomorrow.