

## Rehabilitation in the Home

The Rehabilitation in the Home (RITH) service assists patients with regaining their independence in the community following a hospital admission.

RITH is a short-term service where designated health professionals provide rehabilitation in your home.

### The RITH team consists of:

- Physiotherapist
- Occupational therapist
- Social worker
- Speech pathologist
- Dietician
- Clinical psychologist
- Geriatrician
- Therapy assistant

The RITH team will contact you following your hospital discharge to arrange an appointment in your home.

## What you have to do

You must ensure you are home for your scheduled appointments. If you are unable to attend a pre-arranged home appointment, you should contact the relevant RITH office to cancel the appointment.

Dogs should be restrained during visits and we request that you and your family/friends refrain from smoking while RITH staff are in your home.

## Family and carer involvement

The RITH team encourages family members and carers to become involved in patient rehabilitation programs. RITH therapists will be happy to discuss these opportunities with you during your appointment.

Caring for someone requiring rehabilitation can sometimes be stressful. Carers should discuss any concerns with a RITH therapist to determine the best support services available in such situations.

## Involving your General Practitioner (GP)

Your GP has been informed of your hospital discharge and referral to the RITH service. The team will work closely with your GP and contact them (with your consent) if issues of concern arise.

If you require ongoing medications you should plan to see your GP within five days of being discharged from hospital.

If you are feeling unwell after returning home from a hospital stay, you should ring your GP to arrange an appointment.

If you need to see a GP after hours, you should phone your local after hours GP clinic or present to your nearest hospital emergency department.



## Patient goals

Please work with your RITH therapist to determine some achievable goals over the course of your rehabilitation period.

## Further treatment

RITH is a short-term service. Patients will be assessed at the conclusion of their RITH rehabilitation period to determine if ongoing access to therapy and/or community services is required.

If further intervention is required, your therapist will discuss the options for ongoing therapy and/or community services with you prior to arranging a referral.

## Contact details

### Armadale RITH

Ph: (08) 9391 2727  
Fax: (08) 9391 2731

### Fremantle RITH

Ph: (08) 9431 3898  
Fax: (08) 9431 3899

### Rockingham RITH

Ph: (08) 9599 4831  
Fax: (08) 9599 4489

### Royal Perth RITH

Ph: (08) 6477 5152  
Fax: (08) 6477 5150

This document can be made available in alternative formats on request for a person with a disability.

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Information for patients

