



Name of Service	HYDROTHERAPY
Address	126 Kareena Road
City	MIRANDA
State	NSW
Postcode	2228
Work Phone	(02) 9540 7175 or (02) 9540 7540
Fax Number (Referrals)	(02) 9540 7869
Description of Service	Hydrotherapy is used as a physiotherapy treatment technique. The aim of the Hydrotherapy is to improve the functioning of people who are recovering from surgery, an acute illness or who have a disability. It is also used to maintain an optimal level of function for those with a chronic and/or deteriorating condition.
Who to refer?	A resident of the Sutherland Shire who has been referred by a medical officer.
How to refer?	1. Phone (02) 9540 7956 or 2. Fax a Southcare referral form
Referral criteria	A person who: 1. Is a resident of the Sutherland Shire (or residing with) 2. Is a pension card holder (Aged / Disability) 3. Has a medical referral 4. Is able to manage steps 5. Is independent in activities of daily living or have the assistance of a carer. <u>Exclusion criteria:</u> 1. People living in a nursing home 2. Third party or insurance clients
Is there a waiting list?	Yes
Waiting list details	As there is a large demand for Hydrotherapy, clients are prioritised on need. Those clients requiring hydrotherapy on an ongoing basis to maintain their level of function will be placed on a six weekly rotating roster. This involves attending hydrotherapy for five weeks and then having five weeks break before returning for five weeks.
Hours/days of operation	Monday, Wednesday and Thursday -1 group
Approx costs?	Pool entry - \$3.50. Bus transport \$4 if needed