

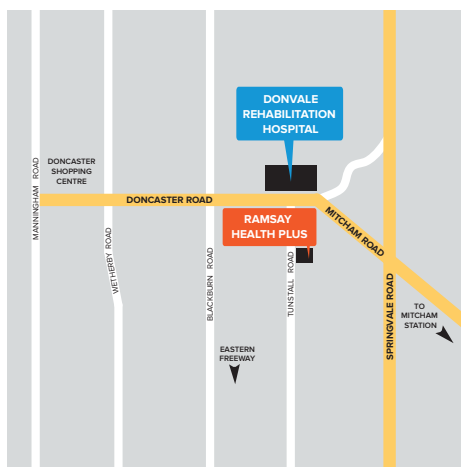
Parking

Limited parking is available on site, free of charge.

There is also parking available across the road at Tunstall Square Shopping Centre.

Ramsay Health Plus

Ramsay Health Plus, our Private Practice, is now open across the road at Shop 54 Tunstall Square. For more information, go to ramsayhealthplus.com.au or call 9841 1204



Donvale Rehabilitation Hospital

Part of Ramsay Health Care

1119 Doncaster Road, Donvale VIC 3111

Ph: 03 9841 1400

Fax: 03 9842 7276

donvalerehabilitationhospital.com.au

People caring for people.

MRO056536 DRH MS rehab-4pp DL 0126

Ramsay MS Thrive Patient information



A multi-disciplinary day
therapy program for
people who live with
multiple sclerosis.



Donvale
Rehabilitation Hospital
Part of Ramsay Health Care

Program aim

Ramsay MS Thrive is a multi-disciplinary program for people who have been diagnosed with multiple sclerosis.

The program aims to improve your knowledge and understanding about multiple sclerosis, associated symptoms and how to best manage your condition using exercises, education and long-term health behaviour change.

Program structure

The program runs twice a week for six weeks and combines health education, exercise and support for participants in a small group environment. Exercises are tailored to each individual's activity level.

The comprehensive education sessions cover topics including:

- Understanding multiple sclerosis
- Managing symptoms of multiple sclerosis such as fatigue, heat sensitivity and pain
- Benefits of regular exercise
- Healthy eating
- Managing daily activities
- Preventing falls and improving cognition
- Emotional wellbeing
- Building a support team and navigating the NDIS

Partners, family members or close friends are welcome to attend the education sessions.

The Donvale Rehabilitation Team

Our team consists of:

- Rehabilitation Physician
- Physiotherapist
- Exercise Physiologist
- Occupational Therapist
- Speech Pathologist
- Dietician
- Psychologist



Cost

We have arrangements with most health funds, Department of Veterans' Affairs, Worksafe and TAC which ensures out of pocket expenses are kept to a minimum.

Referrals

Referrals may be made by surgeons, specialists, neurologists, or general medical practitioners. Referrals can also be received directly from hospitals after an inpatient stay.

An initial appointment will be arranged with a Rehabilitation Physician to assess your suitability for the program. An individual initial assessment will be arranged with an occupational therapist and exercise physiologist prior to commencing the program.

Referrals should be addressed to:

Rehabilitation Physician

Mail: Donvale Rehabilitation Hospital
1119 Doncaster Rd, Donvale 3111

Fax: 03 9841 1405

Email: outpatient.drh@ramsayhealth.com.au

For further information please contact the Program Coordinator on 03 9841 1400.