



# Be **revitalised** with Vitalis Rehabilitation in the Home

Thank you for considering Vitalis as your Rehabilitation in the Home (RITH) provider. We're excited to provide the trusted and transformative care you need to receive the best post-surgery outcomes – from the comfort of your home.

## WHAT TO EXPECT FROM YOUR VITALIS REHABILITATION IN THE HOME (RITH) SERVICE

At Vitalis, we believe **home is where the health is**.

As a valued Vitalis Rehabilitation in the Home patient, you can complete your hip- or knee-replacement rehabilitation program at home, instead of needing a lengthy hospital stay or having to go to an outpatient rehabilitation facility.

The multidisciplinary rehabilitation program runs for four to six weeks.

Vitalis is accredited by the Australian Council of Healthcare Standards, which means you can look forward to receiving hospital-quality care and treatment from our friendly, skilled and passionate physiotherapists and nurses – from the comfort of your own home.

Visit [www.vitalis.health/rehab-in-the-home](http://www.vitalis.health/rehab-in-the-home) to learn more.

## BENEFITS OF VITALIS RITH

There are several benefits to the Vitalis RITH service you have chosen. These can include:

- Enjoying the support of a skilled, friendly and passionate team
- A personalised, user-friendly exercise program
- Physiotherapist visits direct to your home
- Nurse visits direct to your home (for wound dressing management)
- Early identification of any post-operative complications
- Shorter hospital stays
- Clinical outcomes equal to or better than hospital-based rehabilitation.

Vitalis RITH is trusted by 22 health funds in Australia. There are no out-of-pocket expenses for most patients.



## KEY POINTS TO REMEMBER ABOUT YOUR VITALIS RITH TREATMENT

- You will need to sign a consent form – please read this carefully.
- Please provide a smoke-free, safe environment for the Vitalis team.
- Please keep pets outside while a Vitalis team member is visiting.

At the end of your rehabilitation program, a Vitalis team member will discuss the next steps for you. We will also provide your GP with information about your treatment.

## ANDY'S STORY

Total hip replacement patient Andy is one of many happy recipients of Vitalis' transformative Rehabilitation in the Home service. He says "the Vitalis team has been fantastic", adding that he chose the rehab-at-home solution for three main reasons:

"One was because I could do the rehab in the comfort of my own home. I could also minimise the risk of post-operative infection. And thirdly, I could just get on with my life much more quickly.


"I would recommend it to anyone. It's been a far better way of getting over what would otherwise have been a fairly difficult surgical procedure. It's been great."

Watch Andy's full story at [www.vitalis.health/home-health-care-services/rehab-in-the-home](http://www.vitalis.health/home-health-care-services/rehab-in-the-home).

## CONTACT US

 [www.vitalis.health/rehab-in-the-home](http://www.vitalis.health/rehab-in-the-home)

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