

Notes:

Cancellation of Appointments

If you are unable to keep an appointment, please let us know as soon as possible.

How to contact us

Phone: (03) 2181949 Ext: 48597

Email: Reach@southerndhb.govt.nz

Operating Hours

Monday to Friday

8:00am – 4:30pm

southernhealth.nz
contactus@southerndhb.govt.nz
03 474 0999



*We aim to uphold these values
when providing care to you:*

Kind
Manaakitanga

Open
Pono

Community
Whanaungatanga

Positive
Whaiwhakaaro

REACH

Community Rehabilitation Service
Te Whakaoranga i te Hapori





Who Are We?

REACH is a service which aims to give you intensive rehabilitation in the community.

Our team includes an Occupational Therapist, Physiotherapist, Speech Language Therapist, Social Worker and Rehabilitation Assistant.

The team members you will see and the frequency of their visits will depend on your needs and rehabilitation goals.

Your programme may run for up to 6 weeks. After a review of your progress, if deemed appropriate you may then receive up to a further 6 weeks of input.

What Happens Next?

You will be contacted by one of our team to schedule an initial assessment visit.

Initial Assessment Visit

This visit may take up to 1-2 hours. You are welcome to have a support person present, such as a member of your family or whānau, a friend or carer.

We will work with you to identify areas of difficulty or concern, and talk about what rehabilitation goals you want to work towards while you are on the programme.



What's Involved

Visits occur from 2-4 times a week depending on your rehabilitation goals and needs.

The location of sessions vary from your own home, to onsite at Southland Hospital, to at your work, or other places in the community.

Areas we may be involved with

- Mobility
- Strength and Balance
- Personal cares e.g. showering and dressing
- Household Activities
- Leisure Activities
- Return to Work/Volunteer Work
- Thinking and Memory
- Communication
- Visual Changes
- Fatigue
- Arm and Hand Therapy
- Swallowing concerns
- Assessment to ensure you are maximising the variety of supports you are entitled to
- Psychosocial support in relation to your new diagnosis