

Our waitlist

Due to demands on our service, we operate a priority waiting list. We will contact you and advise you of the approximate waiting time.

If your situation changes while waiting for our services, please contact your GP.

Cancellations of appointments

If you are unable to keep an appointment, please let us know as soon as possible so that we can give the appointment to someone else.

Please remember, rehabilitation is important so try to avoid cancelling appointments.

How to contact us:

**Telephone:
(03) 476 9904**

**Service operating hours:
Monday to Friday
8:00am – 4:30pm**

Community Rehabilitation Centre (CRC) Toroa Centre

The Community Rehabilitation Centre (CRC) is part of Te Whatu Ora - Southern's Rehabilitation Services at Wakari Hospital, Helensburgh Road, Dunedin.

We provide community based neurological rehabilitation to Ministry of Health clients with a neurological condition aged 16-65. Assessment and rehabilitation may be based in the home, in the community, or at the Toroa Centre.

Space for questions you may have:

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Community Rehabilitation Centre Toroa Centre

Providing community-based rehabilitation to clients with a neurological condition between 16–65 years of age.



Our Rehabilitation Team

We are an interdisciplinary team of healthcare professionals addressing your neurological rehabilitation needs.

Our team members combine their individual expertise to create a treatment programme that will help you achieve your rehabilitation goals.

We will work with you and others you choose to have involved at our visits, e.g., a member of your family (whānau), friend or carer.

The team members you will see, and the frequency of their visits, will depend upon your individual needs.

Your health professional can refer you to our service.

The services available include

Physiotherapy

We work with you on your physical limitations. This can include provision of aids and equipment.

We provide individually tailored fitness & exercise programmes and can assist with training support workers to help you with your programme (if required).

We provide vestibular (balance) assessments and rehabilitation to people of any age with dizziness and unsteadiness.

Occupational Therapy

We work with you to achieve goals that enable participation and maximal independence in daily living activities in your home, community and/ or workplace.

We provide practical information and education on maintaining / increasing function and strategies for self-management. This can also include advice on aids, adaptation of tasks and equipment.

Speech Language Therapy

We assess and diagnose any speech, communication and / or swallowing difficulties. We provide treatment plans for managing swallowing difficulties.

We work with you to maximise your ability to communicate independently and can also provide advice to family and friends to improve their ability to communicate with you.

Social Work

We provide assistance with financial and practical issues including income support, budgeting, accommodation / housing, transport, help at home, and respite care.

We provide education and support to deal with issues relating to loss, role change, and carer stress, and / or link you or your family / whānau with agencies in the community who can help.

Psychology

We assist you with managing issues arising from your condition such as low mood, anxiety, adjustment to change, low self-esteem, relationship issues, grief, and anger. We also help with problems with cognitive function (e.g. memory, problem-solving).

Medical Specialists

We provide medical assessment, diagnosis, and treatment. We provide specialist advice and treatment for issues arising from your condition. We work in conjunction with the therapists, specialists and liaise with your GP. We advise regarding fitness for work and fitness to drive.

Rehabilitation Assistant

We can support you with extra therapy sessions during the course of your rehabilitation.

Other services

We can refer you to other services if this is required, e.g., dietitian, continence etc.

ACC

Our service holds some ACC contracts. Referrals are received directly from ACC case managers only.