

## Who will benefit from a stay at the Serenity Sub-Acute and Physical Rehabilitation Centre?

Patients that have wide range of disabilities that are caused by illness or injuries. Eg. who have experienced a fall, had an injury or suffered from a complex medical condition may benefit from the professional medical, nursing and therapeutic care provided during a stay at Serenity. The goal of the care team is to provide time-limited assistance, designed to ensure maximum restoration of functioning, mobility, safety at home, independence and consequently, quality of life.

## Common conditions of people receiving post-operative or other care include:

- Post-operative care (recuperation) after surgery in an acute hospital and after other major surgery or trauma
- Orthopaedic conditions, e.g. joint (hip, knee, shoulder) fractures or replacements, and amputations.
- Severe motor vehicle accident injuries.
- Recovery from a cardiac incident such as a heart attack, congestive heart failure).
- Neurological rehabilitation, e.g. stroke, head trauma and other forms of brain and spinal cord injuries.
- Convalescence for patients with medically complex conditions who no longer require treatment in an acute care hospital but are not yet well enough to return home.
- Respiratory conditions (acute or chronic lung disease) needing pulmonary management, e.g. ventilation care.
- Complications of chronic disease, e.g. kidney conditions receiving renal dialysis or amputations.
- Pain management.
- Deconditioning related to a fall.
- Advanced wound care in a clinical setting.
- Recuperative care to help you return to health and strength.

## How long do patients stay at a sub-acute hospital?

The period for which patients stay in sub-acute hospitals varies significantly. Some patients stay for a few days, whilst others may stay for weeks or even months. Several factors determine the length of stay in a sub-acute facility, including the extent of a patient's injuries or medical condition, overall health, medical scheme approval for the specific treatment and the ability of the patient to live safely and self-sufficiently after being discharged from hospital. In collaboration with the medical schemes, we have integrated data exchange between our institutions.

## Why choose Serenity Sub-Acute and Physical Rehabilitation Centre?

- Ideally located in the heart of the Chatsworth community
- Secure and ensure privacy of the individual and their family
- Only facility with the specialised hydrotherapy
- Trained / specialised professionals
- Revamped infrastructure - with specialised rehabilitation equipment
- Affordable care
- 24hr facility
- Resident Clinical personnel - with relevant experience and expertise.

Serenity Sub-Acute and Physical Rehabilitation Centre help patients to recover, enabling them to live and work as normal as possible, regain their independence and get them home as soon as possible. If you or a loved one recently suffered from a stroke, surgery, illness, trauma, hospitalisation or a joint replacement, consider being admitted to Serenity Sub-Acute and Physical Rehabilitation Centre for a speedy recovery.

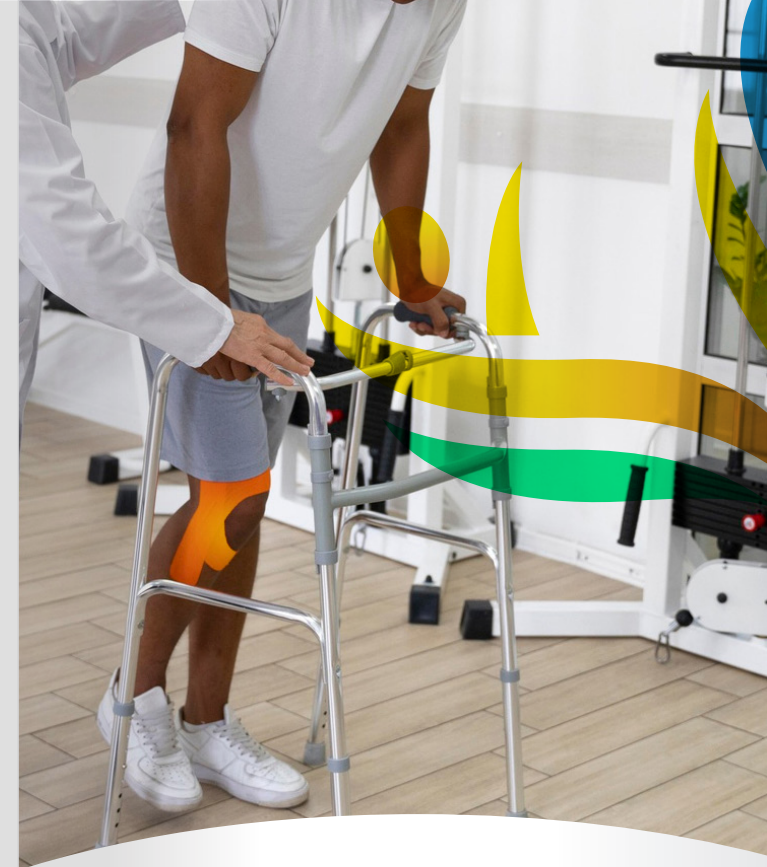
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**SERENITY**  
HEALTH CARE

SUB-ACUTE | PHYSICAL REHABILITATION  
WOUND MANAGEMENT

**...where we actively assist in your  
journey to complete recovery.**

# Serenity Sub-Acute and Physical Rehabilitation Centre... where we actively assist in your journey to complete recovery.

The path to recovery from a traumatic health event is often a long and an arduous journey. Serenity is well equipped to assist you or your loved one's recovery from an acute event or trauma is an active process. We have the relevant expertise to offer a holistic approach to complete recovery

Serenity Sub-Acute and Physical Rehabilitation Centre is a specialised healthcare facility providing sub-acute and physical rehabilitation care to patients recovering from an illness, injury or surgery, who no longer need to be hospitalised, or aren't yet ready to return home.

Our commitment to person-centred care means that our services are tailored around their individual needs.

We are licensed private health facility, that meets all the requirements and regulations of Department of Health; in addition we are registered with the Board of Healthcare funders ( BHF ). We are contracted to all medical aids. Cash patients are also welcomed.



Hydro-pool for muscle rehabilitation

## What is sub-acute care?

It is a licensed private facility that provides a wide range of medical services to restore persons to normal functionality – both at a level of in-patient and out-patient modes.

Sub-acute care, sometimes referred to as step-down or transitional care, is a comprehensive and cost-effective inpatient programme for patients who have suffered an acute event because of an illness; injury or disease; have a determined course of treatment; and who do not require intensive medical management.

The three important role-players within sub-acute hospitals are the patients, their families and our multi-disciplinary healthcare teams. Our facility offers holistically managed wellness and care solutions.

To achieve this, our multi-disciplinary teams strive to:

- provide holistic care – typically composed of a healthcare professional, nurse, case manager, physiotherapist, speech therapist, occupational therapist, psychologist, dietician and a social worker.
- devise and implement professional treatment and compassionate care design an appropriate, tailor-made rehabilitation plan for each patient, and frequently conduct meetings with the patient's family and/or caregivers.



Fully equipped rooms and beds

## Our Services

Serenity assists with:

- Rehabilitation and recuperative care
- Respite care
- In hospital care and treatments
- Out of hospital care / and treatment
- Associated allied professional services (physiotherapist, speech therapist, occupational therapy, Dieticians, social workers)
- Hydrotherapy treatment

Rehabilitation and recuperative care – physio-, occupational and speech therapists provide therapy and support to increase the strength and functioning of patients to increase balance, improve safety when walking, regain mobility of limbs after a stroke, improve independence to carry out activities associated with daily living, improve cardio fitness after a heart attack, and help patients to manage new or changing health conditions.

Specialised care

- Wound management
- Primary healthcare services
- Men's and women's healthcare
- Pain management
- Out of hospital intravenous infusions - commonly known as IV infusions
- Respiratory care
- Fluid and electrolyte management
- Gastric-tube feeding - also known as PEG
- Palliative care
- Post chemotherapy
- Tracheostomy care
- Colostomy and catheter care
- Patients' skills development