Rehabilitation at Home program

The Rehabilitation at Home program maximises your medical, physical and functional abilities to ensure you recover at home as safely and independently as possible.
Who delivers the program?

Remedy Healthcare is a leading provider of highly targeted, evidence-based self-management programs and health coaching. Remedy Healthcare assist eligible Defence Health members to manage their health through the following programs:

- chronic heart disease
- diabetes
- lung disease
- peripheral vascular disease (circulation disorders)
- osteoporosis and bone health
- rehabilitation in the home
- hospital in the home
- falls prevention and safety in the home, complex and integrated care
- other risk factor management.

All programs are based on Australian clinical guidelines, a clinical decision support system, and an advisory panel of medical specialists.

Defence Health have been working with Remedy Healthcare for over 9 years, helping Defence Health members to better manage their health.
How do I get started?
Your hospital or doctor will refer you to Remedy Healthcare.

You will then be contacted by your Remedy Care Coordinator who will discuss your individual needs. If you are eligible for the program, your Care Coordinator will organise the most suitable services for you.

Your Rehabilitation at Home services begin within the first few days of leaving hospital.

Your rehabilitation program with Remedy Healthcare will last about 6 weeks. Throughout your care at home, your Remedy Care Coordinator keeps your doctor or surgeon informed of your progress.

Remedy’s Care Coordinators are available during business hours Monday to Friday. An after-hours service is available if you have more serious concerns.

In case of any medical emergency, please call an ambulance on 000.

Do I have to sign a contract?
No. There is no lock-in contract or any obligation to continue with the program. You can choose not to continue at any time.
Do you keep my personal health information confidential?

Yes. All the information you provide to both Remedy Healthcare & Defence Health is kept in strict confidence in line with our respective privacy policies. You can view these privacy policies at remedyhealthcare.com.au and defencehealth.com.au.

The information you provide to us is used only to provide the health service to you. Defence Health does not receive your health information. We will receive notification regarding your enrolment and completion of the program.

How much does it cost?

Defence Health covers the costs of the program on your behalf. There will be no cost to you, either directly or through your premiums.
Would you like to recover at home?

Rehabilitation at Home gives you access to a range of rehabilitation and healthcare services from the privacy, safety and comfort of your home.

Depending on your needs, Remedy Healthcare can provide effective and convenient rehabilitation services following a wide range of surgical procedures and for medical conditions including:

- joint replacements
- fractures
- neurological conditions
- reconditioning
- respiratory conditions
- cardiac conditions
- mobility problems and falls
- spinal conditions
Services in your home

Your Rehabilitation at Home program will take place under the care of your dedicated Remedy Care Coordinator. He or she will guide and support you through your rehabilitation program.

Depending on your needs, the following services can be provided:

- Physiotherapy, to improve your strength, balance, mobility and safety in and around your home.
- Nursing, to help you with dressings, wound care, and medication management.
- Occupational therapy, to help you achieve independence and safety in activities of daily living, including dressing and showering.
- Personal care, to help with showering and dressing.
- Home care, for domestic support such as cleaning.
- Meals, delivered to your home to help in the early days after leaving hospital.

This program does not provide for a doctor to visit you while at home.

Your dedicated Remedy Care Coordinator will coordinate these services to help you successfully recover at home.
Contact Us

For more information about Remedy Healthcare and the Rehabilitation at Home program please call 1300 224 334 or visit remedyhealthcare.com.au

For more information on our Health Programs or your Private Health Insurance, please call Defence Health on 1800 335 425 or visit defencehealth.com.au