

Patients can book assistance, which may include a companion to accompany them to their appointment. To book assistance contact:

Travellers Aid
Phone: 9654 2600
www.travellersaid.org.au

We look forward to meeting you and helping you work towards your goals.

For more information please contact us:

Tel: (03) 9231 3900
Email: psv@svha.org.au






Date:
Time:
Location:
Interpreter:

*Inspired
by
You*



**ST VINCENT'S
HOSPITAL**
MELBOURNE
A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

St Vincent's
PO Box 2900 Fitzroy
VIC 3065 Australia
(03) 9231 2211
www.svhm.org.au

 St Vincent's Hospital Melbourne
 @StVincentsMelb
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 St Vincent's Hospital Melbourne
 St Vincent's Hospital Melbourne

Polio Services Victoria

What to expect at your appointment

This is to help you prepare for your appointment with our service.

WHAT TO EXPECT

- A Medical appointment is for 60 minutes. A Gait and Balance appointment is for 90 minutes. Please arrive 15 minutes early to check in and complete any paperwork.
- At your Medical appointment you will see a specialist doctor. Other therapists may be present depending on your needs.
- At your Gait and Balance appointment you will see an orthotist and physiotherapist. Other therapists may be present depending on your needs.
- Your appointment includes a physical examination
- There will be opportunity to ask questions We will work with you to set goals and make a plan
- You might feel tired after the appointment.

IT IS OK TO ASK QUESTIONS. WE CAN HELP WITH INFORMATION ABOUT:

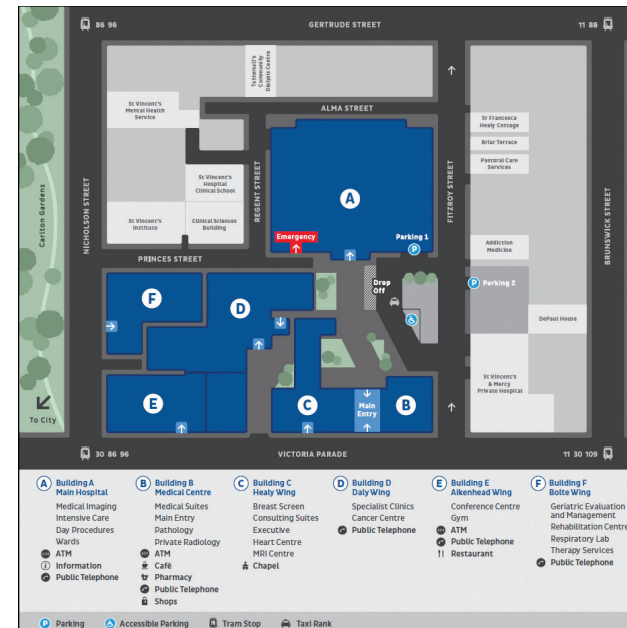
- Support and services – what is available and how to access it; for example, exercise groups, hydrotherapy
- Driving
- National Disability Insurance Scheme (NDIS)
- My Aged Care (MAC)
- Statewide Equipment Program (SWEP)
- Managing stress, anxiety and/or depression
- Managing fatigue
- Polio specific support services eg Polio Australia, Polio Support Groups, Post-Polio Victoria
- Future care planning

WHAT HAPPENS NEXT?

- We will give you a written summary of your goals
- Follow up appointments may be made. This depends on your goals. These may include a review with the team and individual appointments for therapy or medical review

PLEASE BRING

- Medicare card
- A list of the medications you take
- Letters or reports from other doctors and therapists
- Any leg braces or walking aids (eg. Orthotics or calipers)
- A friend or family member if you wish



HOW TO FIND US

Fitzroy campus Building F, Ground Floor, Bolte Wing
14 Nicholson Street, Fitzroy
(near the corner of Victoria Parade)

Patient drop off zone at entrances to Bolte Wing. Limited parking available at Bolte.