



What is rehabilitation?

Rehabilitation is about supporting a person to achieve the best level of independence and wellbeing possible after an illness or surgery. The work of rehabilitation often increases after a person is medically well and no longer requires expert treatment at the Mater Hospital. This usually means transferring to a Rehabilitation setting such as Cappagh National Orthopaedic Hospital which has a long history of delivering excellence in care.

What to bring with you

- ✔ Coat, daywear and safe footwear suitable for exercise
- ✔ Underwear, nightwear, dressing gown and slippers
- ✔ Personal items (glasses, reading materials etc.)
- ✔ Toiletries (including soap, flannel, toothbrush, toothpaste and deodorant)

Visiting hours

Cappagh National Orthopaedic Hospital

Visiting hours are

2pm – 4pm & 6.30pm – 8.30pm

Visiting outside these times must be agreed with nursing staff

Contact details

Cappagh National Orthopaedic Hospital

 T: 01 814 0400

 F: 01 814 0327

 E: info.admissions@cappagh.ie

 www.cappagh.ie

 Cappagh National Orthopaedic Hospital
Finglas
Dublin 11

Mater Misericordiae University Hospital



Rehabilitation

Cappagh National Orthopaedic Hospital

Cappagh National Orthopaedic Hospital is an independent voluntary body



The hospital

Cappagh National Orthopaedic Hospital

Cappagh National Orthopaedic Hospital is an independent voluntary hospital specialising in rehabilitation. We strive to care for all our patients with excellence, cherish the uniqueness of each person and treat them with compassion, love and integrity.

The team

The team working on the Rehab Unit at Cappagh is made up of rehabilitation specialists including doctors, nurses, physiotherapists, occupational therapists, pharmacists, medical social workers, dietitians, clinical psychologists, speech and language therapists and podiatrists.

Communication between you and the rehabilitation team is key to success. It means working together, sharing ideas and giving feedback to help you recover and achieve the best level of independence possible.

Recreation and facilities

The Hospital is situated on pleasant grounds that patients & their families can enjoy

- Therapeutic activity groups include cookery and craft sessions
- There is an oratory for quiet reflection

Dining

- Breakfast is served at 7.30am
- Lunch is served from 11.45am onwards
- Afternoon tea is served at 2pm
- Evening meal is served from 4.30pm
- Night time drinks are served at 7.30pm
- All special dietary requirements are catered for



What you can expect when you move to the Rehab Unit at Cappagh National Orthopaedic Hospital

During your stay in the Rehab Unit at Cappagh Hospital our dedicated team will develop a rehabilitation programme based around your needs to help you regain your maximum potential, strength, confidence and independence.

Your programme may include one-to-one therapy sessions, such as practice of daily activities that you need to do when you return home (e.g. showering, getting into bed, cooking or shopping), walking and climbing stairs. Group therapy sessions, such as balance classes, lower-limb strengthening, upper-limb treatment or breakfast club.

