

Intercare sub-acute rehabilitation hospitals

A comprehensive approach to your recovery

At Intercare, we understand that recovering from an illness, injury, or surgery requires more than medical care. Our sub-acute rehabilitation hospitals provide a comprehensive, cost-effective inpatient program to help you regain your health and independence.

We specialise in caring for patients with complex medical conditions, including:

- Stroke and other forms of brain injury
- Spinal cord injuries
- Severe motor vehicle accidents
- Post-operative rehabilitation

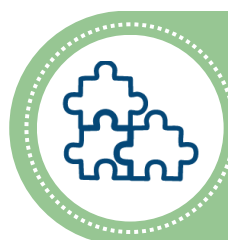


What is sub-acute care?

Sub-acute care bridges the gap between hospital and home, offering a structured rehabilitation program for patients who have experienced an acute medical event but do not require intensive diagnostic or invasive procedures. Our services are ideal for recovering from illnesses, injuries, or surgeries, ensuring you receive the proper care at the right time.



We aim to maximise your mobility and quality of life through a personalised rehabilitation plan.



We work closely with health insurers to ensure seamless admission.

Our **multidisciplinary** team

Your recovery is supported by a dedicated multidisciplinary team, which includes:

- General Medical Practitioners
- Case Managers
- Dieticians
- Nurses
- Occupational Therapists
- Psychiatrists
- Physiotherapists
- Psychologists
- Social Workers
- Speech Therapists



Regular team meetings to discuss patient progress and adjust treatment plans as needed.



Family or caregiver meetings to ensure everyone is informed and involved.



Our **Facilities**

Intercare's sub-acute rehabilitation Hospitals are equipped with state-of-the-art facilities, including:

- Gymsnasiums
- Therapy rooms
- Home-simulation environments
- Specialised equipment
- Assistive devices

Our **locations:**

- Hazeldean: 36 Beds
- Irene: 36 Beds
- Sandton: 36 Beds
- Tyger Valley: 58 Beds

Comprehensive **rehabilitation** support

We offer a wide range of rehabilitation services to address various needs.



Neuro rehabilitation

- Stroke
- Brain injury
- Head trauma



Orthopedic rehabilitation

- Joint replacement, fractures and revisions
- Post amputation rehabilitation



Rehabilitation

- Post-operative surgery care
- Cardio & respiratory care
- Motor Vehicle Accident (MVA) Rehabilitation



Recuperative & palliative care

- Restorative care
- Pain Management care
- End of life & terminal care



Specialised care

- Specialised wound care
- Renal dialysis
- Ventilation care



Setting **recovery** goals

Every patient is unique, and so are their recovery goals. We work with you and your family to set realistic and achievable goals that maximise your independence and quality of life. We believe rehabilitation should also be enjoyable, incorporating activities promoting physical and emotional well-being.

Admission and assessment

A letter of motivation from your doctor and authorisation from your medical scheme is required for medical scheme patients. Our case managers will assist with this process, ensuring a smooth transition from the hospital to our care.

Visiting hours

Visitor hours are set to prioritise your recovery so that you can receive the necessary therapy and care. Please confirm the visiting hours for the specific facility.

Discharge and return home

Our ultimate goal is to help you achieve an independent lifestyle. We will develop a discharge plan and conduct a final assessment, involving you and your family in every step. We will also discuss any outpatient treatment needs to support your continued recovery.

Contact Us

For more information or to arrange a visit, please contact the hospital manager at your preferred facility.



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