

**St. Andrew's Community Hospital's Day Rehabilitation Centre** provides outpatient rehabilitation services for patients who need continuing therapy after being discharged from a hospital. Our rehabilitation programme is an individualised programme planned and implemented by a physiotherapist and/ or an occupational therapist. Our aim is to help patients achieve specific rehabilitation goals directed towards improvement in functional status.

The centre strives to meet the needs of the community and seeks to continuously expand our services to remain relevant for those whom we serve.



**ST. ANDREW'S  
COMMUNITY HOSPITAL**

(A service of St. Andrew's Mission Hospital)

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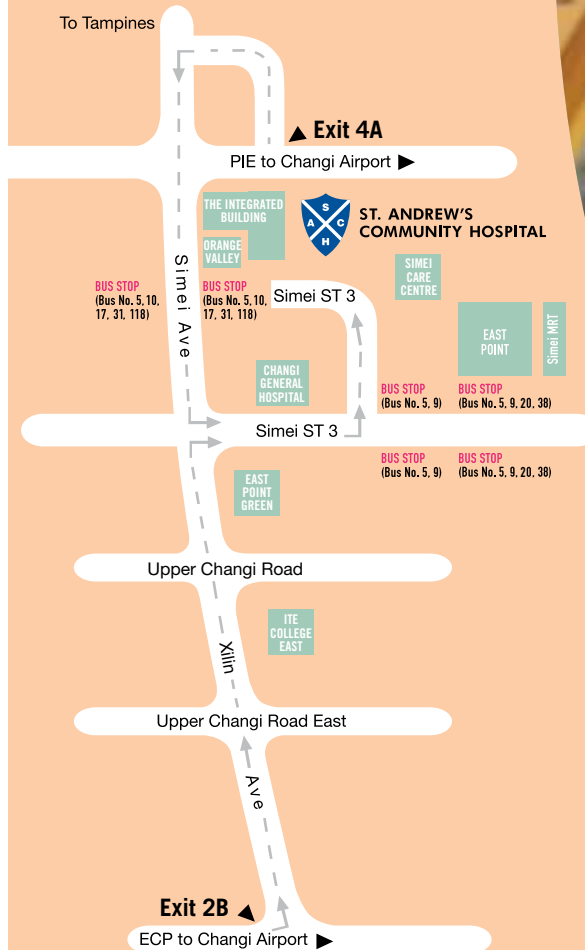
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# Day Rehabilitation Centre

**Directional Map to St. Andrew's Community Hospital and The Integrated Building**



## Services

St. Andrew's Community Hospital (SACH) Day Rehabilitation Centre (DRC) provides active sessional rehabilitation services including Physiotherapy and Occupational Therapy. This comprises strengthening, stretching, ranging, balance and functional training, so as to optimise patients' ability to participate in activities of daily living. Speech Therapy is also available to patients upon request.

The DRC seeks to help patients with conditions such as:

- Stroke
- Dementia
- Parkinson's Disease or other neurological conditions
- Traumatic brain injury
- Fracture
- Musculo-skeletal conditions, e.g. Osteoarthritis
- De-conditioning after an illness or operation



The DRC is also set up to train patients in activities of daily living in a realistic environment. Different corners in the DRC are replicas of a kitchen, bedroom and mini-mart. Training in these settings helps patients regain their confidence and ability to navigate and function independently in these common places at home and in the community.

## Rehabilitation Sessions

### Monday to Friday

Morning Sessions  
8:30 AM to 10:00 AM  
10.00 AM to 11.30 AM

Afternoon Sessions  
2.00 PM to 3:30 PM  
3:30 PM to 5.00 PM

### Saturday

Morning Sessions  
8:30 AM to 10.00 AM  
10.00 AM to 11:30 AM

No Afternoon Sessions

The centre is closed on Sundays and Public Holidays.



## Admission

To enrol in a rehabilitation programme at the DRC, a referral is required through the Agency for Integrated Care. The referral can be made by doctors from a hospital, polyclinic, general practitioner clinic or the St. Andrew's Mission Hospital Clinic at SACH.



## Means Test

A means test assessment for government subsidy eligibility is available for all patients.

## Charges

For more information on charges, please call 6586 1029 or visit [www.sach.org.sg](http://www.sach.org.sg).

## Location & Contact

The DRC is located at level 1 of The Integrated Building, which is situated next to the SACH main building. Contacts for transport providers can be obtained at the DRC upon request.

For enquiries or for more information, please call 6586 1029.