



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 Incorporated Orthopaedic Hospital Clontarf 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
- ✔ Mobility aids
- ✔ Personal items (glasses, reading materials etc.)
- ✔ Toiletries (including soap, flannel, toothbrush, toothpaste and deodorant)

Visiting hours

Incorporated Orthopaedic Hospital

Visiting hours are

2pm – 4pm & 6.30pm – 8.30pm

Visiting outside these times must be agreed with nursing staff

Contact details

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Rehabilitation

Incorporated
Orthopaedic Hospital of
Ireland

The Incorporated Orthopaedic Hospital of Ireland
Clontarf is an independent voluntary body



The hospital

Incorporated Orthopaedic Hospital

The Incorporated Orthopaedic Hospital is an independent voluntary hospital specialising in rehabilitation. It accepts referrals from the Mater Hospital for patients requiring orthopaedic or older person rehabilitation.

The team

The team's mission at Clontarf Hospital is to provide a high standard of care and treatment for all patients.

There will be a team of professionals dedicated to your looking after your rehabilitation. The team includes medical staff, nursing staff, health care assistants, physiotherapists, occupational therapists, dietician, medical social worker, speech and language therapist and chaplain.

Recreation and facilities

There are lovely gardens to explore and outdoor seating areas. We also have

- Mass and prayer groups held weekly in our oratory, which you may visit at any time
- Visiting hairdresser appointments (separate charge)
- Visiting chiropodist appointments (separate charge)
- Hospital shop
- Dining room (limited opening hours)

Dining

- Breakfast is served at 7.45am
- Dinner is served at 12pm
- Evening tea is at 5pm
- Tea, coffee and snacks are served throughout the day
- A canteen serving hot and cold foods, snacks, tea and coffee is open during the day
- All special dietary requirements are catered for



What you can expect when you move to the Incorporated Orthopaedic Hospital

You will have a therapy team dedicated to helping you achieve your optimal potential and level of independence. You will meet your therapists at your initial assessment and work with them to set goals for your rehabilitation that are specific to your needs. We aim to help you achieve these goals through participation in therapy groups or one-to-one sessions.

The core therapy hours are 8am -12pm and 1pm - 4pm, Monday - Friday.

We provide 24 hour sub-acute medical and nursing cover. However, if you become acutely unwell you will be transferred back to the acute hospital for care.

