

Mercy University Hospital

Compassion Excellence Justice Respect Team Spirit

Blarney Rehabilitation Unit

The Blarney Rehabilitation Unit is a modern, purpose-built centre providing Older Person Rehabiltation.

We provide caring and professional services, aiming to deliver the highest quality healthcare with compassion, respect, and dignity to all patients.



Your Path to Recovery

The Blarney Rehabilitation Unit offers rehabilitation services to assist patients in **regaining strength and independence** after illness, injury, or surgery.

The facility provides individualised rehabilitation, delivered by a multidisciplinary team. This means it is an ideal place for rehabilitation after a hospital stay.

We understand that recovering from an illness, injury or surgery can be challenging. Our inpatient rehabilitation programme is designed to help you regain strength, independence, and confidence in a supportive and professional environment.

What is Inpatient Rehabilitation?

Inpatient rehabilitation provides 24/7 care and intensive therapy to individuals recovering from:

- **Medical conditions**
- **Surgery**
- **Stroke or neurological conditions**

Your Rehabilitation Team

- **Rehabilitation Doctors**
- **Nurses & Carers**
- **Physiotherapists**
- **Occupational Therapists**
- **Speech and Language Therapist**
- **Medical Social Worker**
- **Dietician**
- **Clinical Psychologist**
- **Pharmacy**
- **Advanced Nurse Practitioner**
- **Clinical Nurse Specialist**
- **Discharge coordinator**



Our Services

- **Personalised Care Plans**
  Tailored to your specific needs and goals
- **Physical Therapy**
  To improve strength, mobility, and balance
- **Occupational Therapy**
  To help with daily activities like dressing and eating
- **Speech Therapy**
  Assistance with communication and swallowing difficulties
- **Psychological Therapy**
  Assistance with mental health and wellbeing
- **Medical and Nursing Care**
  24/7 supervision and support

What to Expect

Daily Therapy Sessions: You will participate in therapy sessions tailored to your needs.

Regular Progress Reviews: Our team will track your improvements and adjust your care plan accordingly.

Family Involvement: Loved ones are encouraged to participate in your recovery journey.

Discharge Planning: We ensure a smooth transition home or to the next level of care.



Preparing for your Stay

To help you feel **comfortable and prepared**, please take note of the following essentials to bring with you:

- ✔ Comfortable clothing and supportive footwear
- ✔ Personal toiletries and any necessary medical devices
- ✔ Bring a list of current medications
- ✔ Provide emergency contact details
- ✔ GP details

Admission Date: .....

Planned Discharge Date: .....

Notes: .....

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