What are the benefits?

- Better quality of life—studies comparing both types of rehabilitation have found patients in home-based programs experience greater improvements in quality of life.\(^1,3\)
- You’ll be closer to your support network.
- You can adjust to your new joint and re-gain mobility and function in your own environment.
- More flexibility and convenience.
- Less time in hospital.\(^5,6\)
- Less likely to go back to hospital.\(^5,6\)

Am I eligible to have my rehabilitation at home after my hip or knee replacement?

If you have hip and knee replacements included in your Medibank hospital insurance product, you may be eligible for rehabilitation in your home.

We will work with you and your treating doctor to ensure our rehabilitation at home program will be appropriate for your needs. And there are no extra out-of-pocket costs for rehabilitation services provided in your home.

As with any claim for hospital services, or hospital-substitute services, it’s best to give us a call to see what is and isn’t included in your policy.

How do I enrol?

Before you can enrol, we need to be sure the program is a good fit for you. In consultation with your clinical team we will assess your treatment needs and goals, as well as check that your home environment is suitable, to make sure you’ll have enough support and our services will meet your needs.

References
Introducing Medibank’s rehabilitation at home service

Medibank’s rehabilitation at home program offers a range of services to help you adapt to your new hip or knee, reach your treatment goals and be as comfortable and pain-free as possible—all in the comfort of your home.

Why rehabilitation at home?

Many people prefer to recover at home with their family and friends (and other creature comforts) close by, so Medibank now offers you more rehabilitation options, and can help you transition from hospital to home after your hip or knee replacement.

Studies that have compared the results of home-based versus inpatient (in hospital) rehabilitation after joint replacement surgery have found no difference in improvements in mobility\(^1\)–\(^4\) or ’function’—which means you could be out and about and able to return to your daily activities just as quickly regardless of where you do your rehabilitation. Not only that, but people who participate in home-based rehabilitation report better quality of life\(^1\)–\(^3\) and spend less time in hospital\(^5\),\(^6\).

You can rest assured that research has found carers don’t experience extra workload either\(^1\), and patients report feeling that it’s easier on their families too\(^4\).

What is rehabilitation at home?

We bring the services and care you need to reach your treatment goals into your home so you can recover comfortably with your family and friends nearby.

How does it work?

We’ll work with you and your doctor to tailor a rehabilitation program to your specific needs and treatment goals. Once we’ve worked with you and your doctor to develop your plan, we’ll bring the services you need right to your home. These can include physiotherapy, occupational therapy, nursing, personal care and help around the house with chores and meals.

The program runs for up to six weeks, and we’ll keep your treating doctor informed with regular updates and consultation throughout your rehabilitation.