



### ■ ■ *Directions*

Come to the main Maternity Entrance.

Turn left and come up past the Neonatal Unit.

Keep coming up the corridor until you reach the sign 'Older People's Health and Rehabilitation Service'.

### ■ ■ *Transport*

You are expected to arrange your own transport to the clinic unless prior arrangements have been made.

### ■ ■ *Parking*

Patient parking is available at the rear of the Day Clinic, which is on the ground floor at the south end of the hospital.

### ■ ■ *Contact Us*

#### **ICATT Reception**

Ph 06 753 7747

Fax 06 753 7759

#### **Or via the Taranaki District Health Board switchboard**

on 06 753 6139

**ICATT Reception** ext 7652

**ICATT Nurse** ext 7463

**ICATT Occupational Therapist** ext 7356

**ICATT Physiotherapist** ext 7863

Published: Communications Team  
 Responsibility: Older People's Health and Rehabilitation Service  
 Date Published: February 2009  
 Last Reviewed: February 2009  
 Version: 1

TDHB 0904-05

## Taranaki DHB Older Peoples Health and Rehabilitation Community Service

**ICATT**  
 (Intermediate Care Assessment and Treatment team)



*Our goal is to provide assessment, treatment and rehabilitation with the aim of enhancing independence and quality of life.*

www.tdhb.org.nz





## ■ ■ *What we do?*

ICATT is the community arm of the Older People's Health and Rehabilitation Service based at the Rehabilitation Day Clinic at Taranaki Base Hospital in New Plymouth.

We provide intermediate care to facilitate the transition from illness to recovery, and help manage chronic illness and disability for older people and younger adults.

We comprehensively assess the health needs and abilities of individual patients and provide appropriate treatment where possible. We work with patients and their families to help maintain and improve function, and adapt to lifestyle changes.

## ■ ■ *Our Team*

- Doctor/Geriatrician
- Nurse
- Physiotherapist
- Occupational Therapist
- Social Worker
- Therapy Assistants
- Speech Language Therapist
- Receptionist

## ■ ■ *Other Services Available*

- Dietician
- Continence Advisor
- Maori Health Advisor
- Diabetes and Asthma Educators

ICATT staff work as a team and meet often to review the results of therapies and plan future courses of action.

## ■ ■ *Initial Assessment*

Your initial assessment will take place at the Rehabilitation Day Clinic, where members of the team will carry out a range of standardised assessments and will discuss your needs and goals.

The team will then plan your ongoing treatment, which may be as an outpatient, at the Rehabilitation Day Clinic or at home.

If attending the Rehabilitation Day Clinic it is important to come regularly to benefit from your therapy.

Your treatment will last for up to eight weeks. After this time your progress will be reviewed by the team and plans made for your discharge or for further treatment if required.

## *Rehabilitation Day Clinic*

Hours: 10am to 2pm, Monday to Thursday.

## ■ ■ *What to Bring*

- Reading glasses
- Hearing aids
- Walking aids
- Medication that is taken during the day

## ■ ■ *Clothing*

Please wear comfortable clothing and shoes.

## ■ ■ *Meals*

A light lunch is provided at the Day Clinic. If you usually receive Meals-on-Wheels you will need to cancel or make alternative arrangements.

## ■ ■ *Non-attendance*

If you are unable to attend the Day Clinic please phone the receptionist.