

## Functional Neurological Disorder Program

Providing resources, education and clinical support to help you regain the best possible physical and psychological function.

### Who is the program for?

This program has been designed to provide practical skills and strategies to help people who have been diagnosed with a Functional Neurological Disorder (FND). Common neurological conditions include:

- Functional Neurological Disorder (FND)
- Stroke
- Transient Ischemic Attack (TIA)
- Peripheral/Poly Neuropathies
- Parkinson's Disease
- Multiple Sclerosis (MS)
- Motor Neurone Disease
- Guillian-Barre Syndrome

### Program content

- Education about symptoms
- Self-management strategies
- Movement retraining
- Reinforce positive behaviour
- Tackling unhelpful thoughts
- Cognitive behavioural therapy

### About the program

FND is a condition that affects the central nervous system. It usually presents a collection of symptoms such as blackouts, paralysis and abnormal movements. This program helps patients with FND to understand their diagnosis and troubleshoot therapy with evidence based exercise and cognitive behavioral therapy approaches.

Our Specialists and team of therapists are highly experienced in this area, and have the equipment, facilities, and skills to help you regain the best possible physical and psychological function.

Robina Private Hospital runs the only specifically designed, multidisciplinary inpatient treatment program on the Gold Coast for people diagnosed with Functional Neurological Disorder.

### Day program structure

- One and a half hours of therapy
- Physiotherapy, occupational therapy, speech pathology, dietetics, psychology

### When is it held?

One to two days per week, over six week to twelve weeks (program length can be varied based on individual progress).

### How to join

Patients interested in attending this program will need a referral from a GP or Specialist sent to [rbn.rehab@aurorahealth.com.au](mailto:rbn.rehab@aurorahealth.com.au)

### How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund, WorkCover or DVA. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Robina Private Hospital.

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