

Robina Private Hospital tackling the challenges of an ageing population

Australian Bureau of Statistics (ABS) 2016 Census of Population and Housing statistics reveal around 91,400 Gold

Coasters aged 65 years and over – 16.4 per cent of the city's total population – is expected to grow to 20.7 per cent of the Gold Coast's population by 2041.

The ageing process often comes with challenges beyond physical changes that occur. Understanding this, and responding with innovative, evidence-based programs to support both the deterioration of physical strength and mental acuity is key to the holistic and multidisciplinary approach taken at Robina Private Hospital.

Hospital CEO, Claire Thurwood confirms Robina Private Hospital offers a comprehensive range of services specifically designed for older people with both mental health issues and medical or rehabilitation needs. A fully integrated inpatient, day patient and outpatient mental health service for older persons, and 30 bed dedicated older persons mental health ward, is complemented by a 30 bed medical and rehabilitation ward. Day programs include targeted rehabilitation for physical and neurological conditions, including the internationally recognised PD Warrior® program, as well as the Cognitive Stimulation Program (Healthy Minds), Assessment and Memory Clinic, and the Cognitive Behaviour Therapy for Older People (Young @ Heart) mental health programs.

"Since opening the doors at Robina Private Hospital we have been committed



to supporting the needs of the Gold Coast community as it ages with a real focus on healthy ageing and holistic care.

"Often the complexities of physical and mental health concerns for people as they age becomes overwhelming and they just don't know where to turn. The convenience and reassurance of access to the highest standards of private medical, rehabilitation and mental health services in the one building reduces stress for people seeking support as they age."

"That's why our programs cover such a broad range and offer a choice of inpatient, outpatient or day programs," Claire says.

Robina Private Hospital is highly regarded for its skilled specialists who operate collaboratively across its mental health, medical and rehabilitation streams. Their collegial approach facilitates patient assessment and referral where appropriate to other specialty support programs conveniently under the one roof to achieve the best possible mental and physical health outcomes.

Extending on its current range of programs for older people Robina Private Hospital is soon to open another 12 mental health bed specialised dementia care unit (SDCU), offering a two week assessment program for patients with cognitive dysfunction and dementia, accommodated

in stylish, comfortable and secure private rooms with excellent catering and support services.

For further information or to arrange a referral, please contact Robina Private Hospital on 07 5665 5100.

MEET OUR SPECIALISTS

Dr Penny King BM, BS, FRANZCP, FPOA is a consultant psychiatrist and psychogeriatrician with a particular interest in older persons mental health, and caring for people with cognitive disorders. Dr King is the director of older persons mental health services at Robina Private Hospital. She works closely with the multidisciplinary older persons team at Robina Private Hospital and also provides residential care visits in the area.



For an appointment or referral, please contact Robina Private Hospital's private practice consulting suites by phoning 07 5665 5155 or faxing 07 5665 5198.

Dr Rohit Bansal

MBBS, DNB (General Medicine FRACP (Geriatric Medicine) is a consultant geriatrician and rehabilitation physician. With a career in clinical medicine spanning over 15 years Dr Bansal takes a multidisciplinary health care approach for older adults addressing all aspects of geriatric medicine and rehabilitation.



For an appointment or referral, please contact his private practice consulting suites by phoning 1300 662 884 or faxing 1300 889 895.

Dr Prashanti Veermacheneni

MBBS, MRCPsych(UK), FRANZCP is a consultant psychiatrist and psychogeriatrician who focuses on mental health of the elderly and cognitive disorders including screening for dementia. She has significant experience working in memory clinic settings, undertaking the assessment and management of memory problems in people from diverse cultural backgrounds.



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Dr Manfred Penzhorn

MBCHB, FRANZCP has over 15 years' experience working in the fields of forensic, rehabilitation and acute psychiatry and in the psychiatric care of older people. He has a special interest in the treatment of mental health problems that may arise in the course of ageing, and in the treatment of problems related to dementia.



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Patients in need of **general medical, rehabilitation, mental health or dementia care?**

Robina's newest private hospital can help with a range of surgical, medical, rehabilitation and psychological needs. We are an established 90 bed private hospital provider in Queensland's Robina Health Precinct and have proudly been helping Gold Coasters since 2007.

**Robina
Private Hospital**

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LET US
HELP YOU