

## Additional Services

- Active Rehabilitation – PT, OT, ST
- Nursing Services
- Integrated Home Rehabilitation, Home Nursing with Centre-based Care Services
- United Rehab Apps
- Escort to medical check up
- Weekend Respite Care
- Care giver training
- Health education

## Transport Services

Special needs transportation service can be arranged upon request for individuals on wheelchair, mobility difficulties and/or frail seniors and their care givers.

## Contact Us

address: 182 Jalan Jurong Kechil #01-68  
The Hillford, Singapore 596152  
tel: (65) 64650848 / (65) 64630848  
fax: (65) 64650854  
url: [www.unitedrehab.sg](http://www.unitedrehab.sg)  
email: [enquiry@unitedrehab.sg](mailto:enquiry@unitedrehab.sg)

## Operating Hours

Monday to Friday	8.00am – 6.00pm
Saturday	8.00am – 1.00pm
Sunday	By appointment only

**united** *rehabilitation*  
*Senior Club*  
enhancing quality of life



## Our Location

- Ground level with wheelchair-friendly access
- 10 minutes' walk from the Beauty World Station
- Sheltered drop-off porch at concierge
- Wheelchair-friendly wash rooms within the centre
- Visitors' carpark lots at basement of building
- Bus Services 61, 66, 157, 174, 970 and 985

## An Introduction to United Rehab Senior Club

**United Rehab Senior Club** is a day care service that provides programs to reduce the limiting effects of aging and chronic diseases.

Our services and programs are instrumental in promoting restorative and accommodative changes delaying the vicious cycle of age-related functional decline.

We are senior advocates. We have high regards for the capabilities of seniors. We feel that if given the opportunity seniors can fully participate in active aging programs.

We help family members and care givers in taking care of seniors, providing everyone with peace of mind in the busy life.

### Our Mission

Our aim is to provide services that optimize the aging process. By creating an environment where seniors are able to age successfully we enable you to maintain your physical function, cognitive and emotional capacities as well as your social well-being despite medical limitations.

We strive to manage age related immobility, minimize disability, and encourage active engagement with life enhancing overall quality of life.

### Professional Team

- Registered Allied Health Professionals
- Registered Nurses
- Enrolled Nurses
- Therapist Associates/Aides

### Our Senior Club

- Full day or half day programs inclusive of meals
- Physical activities
- Cognitive activities
- Social well-being and recreation
- Community integration and outings
- Health care monitoring
- Wellness and education sessions
- Links into other services/ opportunities
- Place to learn new skills

### Facilities and Infrastructure

- Comprehensively equipped state of art therapy area, medical-grade gymnasium, pain relief modalities, active rehabilitation and nursing services
- Spacious gym, cognitive and recreational areas
- Fun, cozy and happy environment that will encourage positive lifestyle changes
- United Rehab Apps – communication and feedback portal between senior clients, their family and our health care team
- Remote vital signs monitoring
- Tele virtual rehabilitation
- Nutritional meals



### United Rehab Apps

Our seniors and their family benefit from our United Rehab Apps to provide a seamless communication between our care team, seniors and family members. Remote vital signs monitoring and progress can be tracked.



### Medical Grade Gymnasium



### Cognitive and Mental Stimulation



### Virtual Rehab / Social & Recreational Activities / Rest

