

Lifestyle Support Consultations

On-staff physical and occupational therapists are here to give advice.

Topics: Handrail installations, choosing care items, bathing room and washroom access, self-help tools, worsening stamina, etc.



Helpful Classes (general and specialist)

These classes give basic knowledge on home improvements, care goods and equipment and other topics.

*Times, dates, and topics can be found in the bi-weekly *Shizuoka Kibun* Japanese language publication.



Facility Tours

Come and see us any time.



Shizuoka City Aids to Daily Living Center Reha Park Shizuoka



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Hours: 8:30 am - 5:00 pm
Closed: Weekends, public holidays, New Year holidays



<http://www.city.shizuoka.jp/deps/kenko/rihapaku-top.html>





What kind of place is Reha Park Shizuoka?

Even with disabilities or advanced age, everyone wants to live with dignity and self-respect. The Reha Park wants help achieve this desire, and therefore provides counseling on equipment and life style behaviors, such as eating, bathing, and other matters, that can give people greater levels of independence.

Will I be all right once I leave the hospital?



Home Improvement Consultations

The staff of Reha Park can provide consultations on home renovations that aid in safer living. The facility has "simulation rooms" which allow visitors to test various home improvements to find what best suits their needs.



We provide safe, reliable advice.



What kind of care goods can I use?



How do I choose the right wheelchair or walker?



What exercises can keep up my strength?



Where should I install handrails?

- ◆What do I need to help me get up the entry way step?
- ◆I want to install handrails in my washrooms and bathing rooms, but where should I put them?
- ◆What renovations do I need to make my house wheelchair-friendly?



Is your handrail in the right spot?

Care Goods Consultations



300 different care goods are on display, which allows visitors to see and try out the various aid items and equipment. On-site physical and occupational therapists will listen to visitors' questions and concerns and make appropriate recommendations.
*Note: The goods on display are not for sale from Reha Park.

- ◆What can I rent with Nursing Care Insurance?
 - ◆How do I choose the correct height or length for walkers and canes?
 - ◆I want to know how big these things are and how to use them.
 - ◆What will help me in the washroom or the bath tub?
- *Communication aids are also available.

Is your seating posture correct?



Do you know proper care methods?



Do you know the best cane length for you?

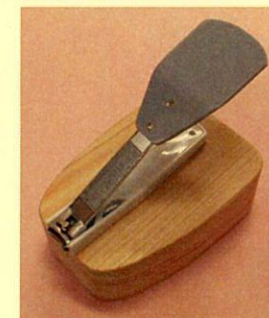


We give plenty of advice on how to effectively use care goods and safe care methods.

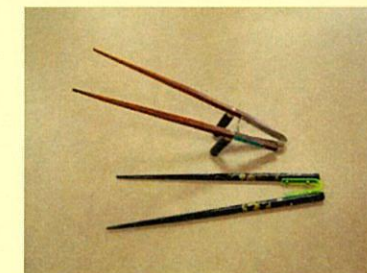


Self-help Tools: Advice and Fabrication

These are devices that, with a little effort, allow the user to maintain some independence. The Reha Park can give advice and produce certain aids to meet people's daily life needs.



Clipper board



Assisted chopsticks



Brush handle extensions