For over 60 years, Mt Wilga Private Hospital, located in Hornsby, on Sydney’s upper north shore, has been supporting people with debilitating and significant neurological illness or injury to achieve their goals for an independent lifestyle.

Over the last two years, Mt Wilga has worked with several people after they acquired the rare and unpredictable neurological condition known as Guillain-Barre Syndrome or GBS. We are happy to be working closely with Guillain-Barre Foundation of Australia in raising the awareness of GBS.

Living your Best Life after GBS
Supporting people to achieve their goals for an independent lifestyle.
Our reputation as a leader in neurological rehabilitation is built on our excellence in clinical care. Our practice reflects our knowledge, experience and understanding in GBS rehabilitation. Our team is professional, friendly and caring and with you every step of the way. We work with you before to ensure you achieve your goals and sometimes even surpass them.

Your rehabilitation is directed by your Rehabilitation Physician. They are responsible for monitoring and evaluating your medical and rehabilitation care and liaise with your neurologist, neurosurgeon or GP to ensure proper continuity of care.

Your Physiotherapists work with you to achieve your optimum level of independence in the areas of mobility, movement and balance and if appropriate you may commence hydrotherapy. Your Exercise Physiology team will challenge your strength, fitness and endurance.

Your Occupational Therapist helps you improve your functional independence in all aspects of your life, at home, at work and leisure. They may prescribe specific equipment or assistive aids. A home visit may be recommended to assess whether any home modifications may be required before you go home. Our driving assessment and training program will help you get back on the road again.

You may see a Speech Pathologist if you have communication or swallowing difficulties and a Dietitian may also be recommended to ensure your nutritional needs are met and dietary intake is adequate.

A Social Worker will be available to both you and your family. They will provide you with opportunities to talk about your condition, discuss issues that are of concern for you and assist in planning for your future and discharge. A psychologist may become involved if you need or want strategies to help you cope or require adjustment counselling.

Mt Wilga Private Hospital facilities include:
- Modern and dedicated facilities including private rooms with ensuites, large therapy and gymnasium spaces, specialised therapy equipment and hydrotherapy pools.
- Onsite accommodation if you live in regional NSW or interstate and do not require hospital care.
- Daily transport if you live close by and are unable to drive. A minimal fee is charged.
- Free onsite parking for your guests and visitors.

GP or specialist referrals can be faxed to (02) 9847 5096

If you have comprehensive private health insurance and are covered for rehabilitation in your policy you will often be covered for an inpatient or day program stay. If you do not have private health insurance, we will provide a quote for self funding.

Mt Wilga is a registered NDIS Provider for therapeutic supports and care coordination.