



**PRESS RELEASE**

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**Life Rehabilitation pays homage to persons with disabilities**

*International Day of Persons with Disabilities, 3 December*

**Johannesburg, South Africa:** This International Day of Persons with Disabilities, [Life Rehabilitation](#), the leading provider of acute rehabilitation services in the country, pays homage to the incredible hard work and courage made by over 10 000 people who have benefited from their rehabilitation services over 15 years.

A devastating accident can have life altering effects for the individual, partners, friends and family involved. Physical rehabilitation is aimed at enabling persons to regain and maintain optimal independence and restoring quality of life. "At Life Rehabilitation we work with the most incredible individuals who, through sheer determination, hope, courage, and strength are able to get back on their feet, so to speak, and live their lives with renewed vigour. We treat people who have experienced strokes, brain or spinal injuries, and other disabling conditions, helping them to learn to live their lives again in a new way. Life Rehabilitation empowers people to live their lives on their own terms," says Dr Nilesh Patel, Chief Operating Executive - Healthcare Services for the Life Healthcare Group.

Three inspirational examples of people who have had great success utilising the services offered by Life Rehabilitation are singer Mathys Roets, who had a devastating motorcycle accident over five years ago that left him paralysed from the waist down, and Cape Town couple Rodney and Maria Lakay. "Two months at the rehabilitation facility at Life Riverfield Lodge was a defining moment for me. I wanted to be able to do something new every day...brush my own teeth and feed myself. It's those small goals that kept me going and I'd like to encourage others to fight for their normality," testifies Roets. Roets is doing something new every day and has continued to build on his singing career.

Another defining Life Rehabilitation success story is that of Rodney and Maria Lakay, a Cape Town couple who were hit by a Lamborghini while watching a rally in Knysna last year. The driver lost

control and as a result the couple's legs had to be amputated. Rodney says, "If I had to come across the driver one day I would put out my hand and greet him. I have nothing against him and nothing against anyone. I need to continue with my life." The couple have adapted to their new life by learning to become self-sufficient in their wheelchairs.

Life Rehabilitation services include an inter-disciplinary clinical team providing comprehensive, specialised and specific therapy and nursing; goal-driven and individually customised client journeys; and ultimately provides a service that is focused on outcomes, quality and clinical excellence while being cost effective for the patient at the end of the day.

These stories inspire hope for anyone who has had an accident or experienced a stroke, and find themselves in a situation they feel is hopeless. "Life Rehabilitation has developed a vast body of expertise and experience to help people affected by physical and cognitive disabilities to achieve the greatest possible benefit within reasonable time frames," says Dr. Patel. "Care is at the heart of what we do, and this is clearly seen in the success that our patients achieve, of which we are extremely proud and pay homage to, particularly on this International Day of Persons with Disabilities."

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### **About Life Rehabilitation**

Life Rehabilitation manages seven centres in South Africa with a total of 265 beds and employ more than 400 healthcare and rehabilitation professionals. They have provided rehabilitation to over 10 000 people over 15 years. Specialised services include stroke, spinal cord, pulmonary rehabilitation, paediatric rehabilitation and orthopaedic rehabilitation.

### **About Life Healthcare Group**

Established in 1983, The Life Healthcare Group has more than 32 years' experience in the private healthcare and hospital industry. With headquarters in Johannesburg, South Africa, the Group is a

listed company on the Johannesburg Stock Exchange. The company's primary business is private acute hospital care with 63 healthcare facilities in seven of South Africa's nine provinces and one hospital in Botswana, as well as providing services for acute physical rehabilitation, acute mental healthcare and renal dialysis. Life Healthcare is the first and only South African hospital group to have achieved a multisite ISO9001 certification. Acute and long term hospitalisation services to public sector patients is provided by Life Esidimeni, while Life Occupational Healthcare services both occupational health and employee wellness to private and public employers. The Group includes an international presence through Max Healthcare in India and Scanmed Multimedis in Poland. The three cornerstones of the Life Healthcare Group business and its commitment to patients are, **Life**, **Health** and **Care**. For additional information about the Group, please visit [lifehealthcare.co.za](http://lifehealthcare.co.za).