

Dar El Mona Geriatrics Program adheres to a holistic approach that constitutes of developing a customized and integrated treatment plan for every patient by providing following:

- Medical supervision
- Physical rehabilitation program
- Cognitive rehabilitation program
- Occupational therapy
- Psychological support
- Social and behavioral skills retraining
- Entertainment Activities through fixed programs or per request
- luxury accommodation and general amenities for our patients
- Patient and family education and counseling
- On-going family communication



## Geriatrics Rehabilitation Program

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**Dar El Mona**  
Medical and Rehabilitation Resort  
*Dr. Khairy Samra*

**A Step For  
A Better Life**



### Who we are?

Dar El Mona is the first and largest private Medical and Rehabilitation resort in Egypt, founded in 1996 by the late Professor Dr. Khairy Samra, world renowned Neurosurgeon.

### Location :

- Dar El Mona is located at Kilo 20.5 of Cairo-Alex Desert Road in a pollution-free environment with magnificent views of the Giza Pyramids
- It covers more than 86,000 m<sup>2</sup>, of which 1100 m<sup>2</sup> are green areas

### Our Capacity :

- 120 beds for inpatients
- outpatient clinic can serve up to 100 patients

### Geriatric Rehabilitation Program

Geriatric is the branch of medicine that deals with the diagnosis and treatment of diseases and problems specific to aging. It is one of the important branches in modern medicine, due to:

- The improvement of standards of living which lengthens the patients life .
- The increase in the percentage of old aged people in societies .

**Dar El Mona Geriatric rehabilitation core competency is treating the patient in an eco-friendly green environment as a healthy step for a better life**

Our Geriatric Rehabilitation Program treats the following chronic diseases due to aging:

- Dementia
- Osteoporosis
- Weight loss
- Bladder Control Problems
- Falls
- Sleep problems

**Dar El Mona Geriatric Rehabilitation Program as a short-term plan provides the following:**

- Improving and maintaining range of motion for the different joints; so the Geriatric patient will have enough range to dress up independently and easily pick up objects.
- Improving and maintaining ambulatory status of a patient so that he can go to the toilet or shop independently, which in return will reflect positively on his moral.
- Improving cardio vascular endurance so the Geriatric patient can practice sports such as (cycling,fast walking, and swimming ).
- Relaxation in pollution free atmosphere surrounded by green areas .

**Dar El Mona Geriatric Rehabilitation experts deliver quality service with compassion and a patient- centered care**

Our staff in Geriatric Rehabilitation Program:

- Geriatrician.
- Physicians.
- Physiotherapists.
- Dietitian.
- Psychologist.
- Social workers.
- Occupational therapists.
- Qualified nursing staf.

