Rehabilitation at Reykjalundur comprises nine main fields: heart, lung, psychiatric, arthritis, pain, habilitation, neurology, nutrition and occupational rehabilitation. Within each field staff form teams, which include members of all the health professions working at Reykjalundur. The role of the team is, among other things, to make decisions on treatment in consultation with the patient, and to supervise the effectiveness of rehabilitation.

Reykjalundur has a radiology department, a blood pathology laboratory, and a research laboratory specialising in the physiology of heart and lungs/cardiac and pulmonary physiology.

Research
Specialists and other staff at Reykjalundur play an active role in teaching health professionals, and in research and scientific work with their fields. Reykjalundur’s scientific policy is that the centre be active in research on rehabilitation, by supporting research-based scholarly work and promoting ties with Iceland’s universities and teaching hospitals.

Hlein
Hlein, a residential facility for seven severely-handicapped people, is run in conjunction with Reykjalundur.

Surroundings, facilities, services
Reykjalundur was founded on part of the estate of Reykir in Mosfellbær. SÍBS acquired the land, about 10 hectares, in 1944. Since then, there have been constant improvements in the surroundings and rehabilitation facilities. Initially housed in huts built by US occupying forces in World War II, the centre now has its own tailor-made buildings, and once-barren land has pleasant lawns and trees.

Although Reykjalundur is a large workplace, a warm and friendly atmosphere has been achieved there. The centre provides various services, such as a restaurant, a shop, a tranquillity room, a hairdresser and a library.

Reykjalundur as a workplace
For many years Reykjalundur has been the largest employer in Mosfellsbær. In recent years staff have numbered about 250, in nearly 200 full-time equivalent posts. High standards of professionalism, social activities and good staff facilities have made Reykjalundur a popular workplace.
Welcome to Reykjalundur

Reykjalundur is a centre for all-round rehabilitation, with the aim of improving the quality of life, skills and independence of those who seek help there.

Reykjalundur is owned by SÍBS, the Icelandic Association of Tuberculosis and Thoracic Patients, which has run the centre since 1945. Initially the rehabilitation offered at Reykjalundur was primarily aimed at tuberculosis patients, and their treatment was focused on work training. With new drugs and improvements in living conditions, the number of tuberculosis patients fell, and there was less need for treatment specific for them. In 1958-1960 the centre opened its door to other patients, and began to develop into a centre for all-round rehabilitation. In 1963 the rehabilitation offered at SÍBS, Association of Icelandic Tuberculosis Patients, opened its door to other patients, and began to develop into a treatment specific for them. In 1974-1978 the centre was renamed Reykjalundur as outpatients.

Rehabilitation at Reykjalundur

Rehabilitation is a complex process. Technological progress, new knowledge, greater demands for quality of service and other developments have led to increasing specialisation.

The process which leads to a patient’s admission to Reykjalundur varies, but admission is conditional upon referral by a physician. Rehabilitation commences with a detailed evaluation of the patient’s condition, and the preparation of a treatment schedule catering to his/her individual needs. Treatment involves physicians, nurses, physiotherapists, occupational therapists, speech therapists, social workers, psychologists, speech therapists, researchers and other professions.

Rehabilitation centre for all Icelanders

Reykjalundur is Iceland’s largest rehabilitation centre. Each year over 4,000 patients are treated there; some are admitted on a residential basis, while others attend a day programme or as inpatients.

The ideology of rehabilitation

Reykjalundur is based upon the ideology of rehabilitation, with interdisciplinary team work by specialised professionals. The aim is that the patient regain as far as possible his/her mental, social and physical health. The emphasis is upon providing treatment in accord with each patient’s needs, both individually and in group sessions.

The State pays the bulk of the cost of treatment. Since 2001 the service provided by Reykjalundur, and the State’s contribution in costs, have been determined by a service agreement with the Ministry of Health and Social Security.

Ever since 1949 the SÍBS lottery has been the primary source of funding for development of facilities at Reykjalundur, while contributions from individuals, organisations and funds have also played an important role. In 1998, for instance, SÍBS launched a fundraising campaign under the watchword ‘Victory of Life’ to provide finance towards a new training facility, which has revolutionised rehabilitation at Reykjalundur.

The practical application of the ideology of rehabilitation in Reykjalundur is ensured by a team of specialists consisting of physicians, nurses, physiotherapists, occupational therapists, speech therapists, social workers, psychologists, speech therapists, researchers and other professions.

Outpatients: Reykjalundur in figures

Reykjalundur has developed into a modern rehabilitation centre with the latest technology, and now includes Hjartaheill – the Icelandic Association of Heart Patients, the Asthma and Allergy Association and the Association of Lung Patients. The foundation stone of Reykjalundur was laid in December 1945 when the Icelandic Association of Tuberculosis Patients opened its doors to the first patients. To date more than 100,000 patients have been treated there. In 1996 the Reykjalundur site was completed and the industrial division was opened. Since then 10,000 patients have been treated there.

Reykjalundur offers a wide range of treatments and services, such as physiotherapy, occupational therapy, speech therapy, social work and psychology. Reykjalundur is a centre for all-round rehabilitation, with the aim of improving the quality of life, skills and independence of those who seek help there.