



**Transitional Rehabilitation:** aims to enhance the transition from hospital rehabilitation to community living for people affected by spinal cord injury.

#### **Why?**

To enhance community re-integration of people affected by spinal cord injury by assisting in the transition from inpatient rehabilitation to community living.

Programs are focussed on your needs and goals, with assistance provided by a multi-disciplinary team of health professionals.

#### **Who is eligible?**

Anyone who is currently participating in rehabilitation in the Princess Alexandra Hospital Spinal Injuries Unit, and is planning to live in the community will be eligible for referral to TRP.

#### **Where?**

- ◆ In your own home, if you live within 45 minutes driving distance from the Princess Alexandra Hospital; and if your home is accessible.
- ◆ Alternatively TRP can provide accommodation within the Brisbane metropolitan area, for those who live outside the above boundary.



### **When?**

- ◆ The program can commence once your inpatient rehabilitation goals are achieved.
- ◆ The appropriate time of referral will be decided by you and your SIU rehabilitation team.
- ◆ It is anticipated that TRP will shorten your length of stay in hospital.

### **What issues may be addressed?**

The following are examples of issues that may be addressed within TRP:

- ◆ consolidation of physical skills, for example transfers, wheelchair skills, walking, outdoor mobility skills
- ◆ activities of daily living
- ◆ community access
- ◆ personal carer issues
- ◆ counselling needs
- ◆ equipment, driving and home modification issues
- ◆ leisure and recreation
- ◆ work and pre-work skills

### **Referral Process**

- ◆ Discussions will commence with you, your significant others and the SIU rehabilitation team about the referral to TRP.
- ◆ At an appropriate time the TRP Manager will receive a referral from the SIU team.
- ◆ The TRP Manager will then meet with you, providing further information regarding the program, identify your goals and time frames.
- ◆ You and individual TRP team members will meet to discuss specific goals.
- ◆ Further details of commencement and completion dates will be provided to you and your SIU team as these dates and timeframes are finalised.



### **Who is in the team?**

The team consists of the following:

- ◆ TRP Manager
- ◆ Social Worker
- ◆ Occupational Therapist
- ◆ Physiotherapist
- ◆ Registered nurse
- ◆ Therapy Assistant
- ◆ Personal Care Providers
- ◆ Research and Administrative support staff

### **How to contact us:**

Phone: (07) 3406 2322

Fax: (07) 3406 2399

Email: [trp@health.qld.gov.au](mailto:trp@health.qld.gov.au)

3rd Floor Buranda Plaza  
Cnr Cornwall St and Ipswich Rd  
Buranda QLD 4102