

## Transitional Rehabilitation Program

### Your TRP Appointment:

Date:

Time:

#### What is TRP?

TRP is the final stage of your rehabilitation program in the Spinal Injuries Unit.

TRP is designed to help you manage the move from hospital to home. We know that this can be a particularly challenging time for many people, even if you have already been on weekend passes.

TRP staff includes physiotherapists, occupational therapists, social workers, nurses and a doctor. All are experienced in working with people who have had spinal cord injuries.

TRP helps you to build on your independence and the new skills that you have learned during your rehabilitation program in the Spinal Injuries Unit. It helps you to adapt those new skills to your own home and community, or a "home-like" environment. TRP also helps you to deal with any emotional challenges that you might face when you return home.

TRP is a program designed to assist you, as well as your family and friends. TRP staff also work closely with other people who may be working with you, such as your GP, carers, nurses or other therapists.

#### Where do I do TRP?

TRP is provided in your own home, if you live within approximately 120km of the Spinal Injuries Unit. TRP staff are able to travel to your own home if you live in Brisbane and will also travel to most of the Sunshine and Gold Coast and west to Ipswich. TRP staff may be unable to visit you in your own home if you live further away. If you are from outside the TRP travel area, we are able to offer you accommodation in one of 3 accessible houses. These houses are around 10 - 15 minutes drive from the hospital, at Windsor and Moorooka.

#### How long is TRP?

TRP rehabilitation programs commonly run between 4 and 8 weeks. The actual length of your program may vary depending on your needs and the rehabilitation goals that you set. In the month before you leave the Spinal Injuries Unit, the TRP team will meet with you to discuss your rehabilitation goals and work with you to determine the length of your TRP program. Once this has happened, we will give you a copy of your rehabilitation plan, which will include your TRP start and finish dates.

#### TRANSITIONAL REHABILITATION PROGRAM

Ph: 3406 2322

Fax: 3406 2399

#### Email

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

#### Postal

PO Box 6053

Buranda, QLD, 4102

#### Location

3<sup>rd</sup> Floor, Buranda  
Village

Cnr Cornwall St &  
Ipswich Rd

Buranda, QLD, 4102  
AUSTRALIA



## What sort of therapy do I get during TRP?

Therapy during TRP is a little different to the therapy that you receive in the Spinal Injuries Unit. Each TRP team member will make appointments to see you at home (or in the TRP houses), usually once to twice per week. You may see staff more frequently in the early weeks of your program. During your program, TRP staff will work with you and any other people who you want involved in your rehabilitation program. These other people may include your family/partner, friends, carers, nurses, and other hospital and private therapists. We will also work with you to make sure you have a good home exercise program and opportunities to practice and develop new skills. You will have free time to do things on your own or with your family/friends.

## What about my equipment needs?

TRP has equipment available for loan to those people who are undertaking programs. This equipment includes manual wheelchairs, power-drive wheelchairs, hoists, cushions, mattresses, exercise equipment, and adapted aids. TRP will loan you this equipment until your own equipment arrives in most cases. If you live outside Brisbane, we will assist you to arrange the return of our equipment when your own equipment arrives.

## What are the TRP houses like?

TRP rents 3 houses that are about 15 minutes drive from the Spinal Injuries Unit.

All houses have had modifications to enable easier access.

All TRP houses have spare bedrooms to allow friends and families to stay.

## What is provided by TRP during my program?

Services provided by TRP staff are free of charge.

If you stay in TRP accommodation, you will need to provide your own food and transportation. We will provide you with the keys and details of the TRP house before you leave the Spinal Injuries Unit. If you would like to see the TRP house before you leave hospital, this can usually be arranged.

## Your TRP Team:

Nurse	
OT	
Physio	
Social Worker	
Doctor	

Last reviewed: August 2017  
Next review: August 2019



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