

**TRANSITIONAL
REHABILITATION
PROGRAM**

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AUSTRALIA

Transitional Rehabilitation Program

Your TRP Appointment

Date:

Time:

What is TRP?

TRP is a rehabilitation service that helps people with spinal cord injury, who have recently been discharged from the Spinal Injuries Unit in the transition from hospital rehabilitation to community living. The TRP team includes specialist Nurses, Occupational Therapists, Physiotherapists, Social Workers and a Doctor who are experienced in working with people who have had spinal cord injuries. The TRP team will be available to work with you for 4 to 6 weeks following your discharge from the Spinal Injuries Unit.

What we can help you with:

Your health – Problem solve any issues you may have with your health and wellbeing, such as bladder, bowel, skin care, pain, respiratory health, and muscle spasm. We will work with you to develop plans so you can manage these issues yourself in the future. We can also help you link with a new GP if you don't already have one.

Your physical and daily living skills - Practice, problem solve and improve skills for more independence in your daily life, such as your mobility, self-care, household tasks and shopping.

Getting out and about in the community - Review your access to local public transport, returning to driving, or using your mobility aids in and around your local area.

Exercise and ongoing rehabilitation - Review your home/gym exercise program, hydrotherapy program, splints, and ongoing rehabilitation needs.

Your equipment and ongoing supplies – Make sure your own equipment is set up correctly for you, identify any outstanding equipment needs, and make sure you know how to order your continence equipment.



Your community links – Make sure you are linked in with your local health professionals and organisations as needed who can assist you with meeting any of your ongoing needs. This might include allied health, psychology, counselling, and nursing services.

Your home supports – Provide practical training and resources to your personal support workers and family regarding your specific health and support needs.

Your psychological and emotional needs – We can talk through any concerns you may be experiencing when you first go home and offer support and counselling.

Your ongoing support needs – We can help you navigate your ongoing support needs arrangements, such as understanding the NDIS, NIISQ or My Aged Care services.

Return to work - Assist with issues relating to returning to work and linking with Back2Work services.

Leisure - Explore your ability to get back into your leisure interests.

How we can work with you:

The TRP team can work with you in several different ways, depending on what you think will work best for you. Before you leave the Spinal Injuries Unit, members of the TRP team will make a time to come and meet with you. During this meeting, we will ask you how you would like us to work with you, and whether you have any specific rehabilitation goals that we may be able to assist you with during your TRP program.

Some examples of how we can work with you include:

Face to face visits – We can visit you at home or other locations such as your gym, local shops, or hydrotherapy pool to work on specific rehabilitation goals you might have or provide hands-on education or training. If you live outside the greater Brisbane area, and want to continue your rehabilitation with us here in Brisbane, TRP can offer accommodation, free of charge, for the duration of your TRP program (subject to availability).

Telehealth– If you live outside the greater Brisbane area, or don't want us to visit you at home, we can connect with you via video calls, telephone, or email. We can check in with you at home on a regular basis, and you can contact us directly if you have any problems or questions during your TRP program.

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