

## What is this service?

Rehabilitation, or rehab, is working together with a team of therapists to help you recover after your illness or injury. They will aim to help you to do everyday things for yourself.

This service is provided alongside your acute hospital team. The rehab team will work with you to reach your goals while you are on the acute ward.

Rehab is specific to your needs, recovery and goals. You will stay on the acute ward, and the therapists will come to you. You may do therapy in your room, in a gym or in another area of the hospital.

## How will this help you?

Starting rehab early can help you to:



get stronger



do everyday tasks



return home sooner

Your team will work with you to set realistic goals based on what matters most to you. A goal is something that you aim to achieve. For example:



walking



eating and drinking



getting dressed



talking and communicating

Goals are personal and may change over time.

## How long will this take?

Everyone is different. The length of rehab will depend on your illness, injury and needs. You will be able to discuss your length of stay on the program with your team. Recovery can take time, and progress is often gradual. Your team will talk with you regularly about how things are going and what to expect next.

At the end of your time with this service, you may need more support and further rehabilitation. These options will be discussed with you and your family.



*Rehabilitation can feel overwhelming at first. Your rehab team will support you, go at your pace, and help you feel safe. If you want extra support, you can involve someone you trust, like a family member, friend, or carer.*



If you need an interpreter, cultural support, or information in another format, let your team know.

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## What do I need to do?

During in-reach rehabilitation, you will:

- set goals with the team
- participate in therapy sessions
- practice exercises, with help from your therapists
- join in with your daily routine as much as you can
- Where possible, have your own clothes and comfortable shoes ready to wear for therapy sessions
- let the team know your main contact person and how you prefer your information to be shared

## Who is on your team?

Rehabilitation Doctor/s

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Rehabilitation Nurse/s

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Physiotherapist/s

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Occupational Therapist/s

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Speech Pathologist/s

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Social Worker/s

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Psychologist/s

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Clinical Assistant/s

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## Notes

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## Contact details

We are located at:

Phone:

Hours:

Email: