

SPINAL INJURIES UNIT

Ph: 3176 2215
Fax: 3176 7462

OUTPATIENT DEPARTMENT

Ph: 3176 2641
Fax: 3176 5644

Postal and Location

Princess Alexandra Hospital
Ipswich Rd
Woolloongabba QLD 4102
AUSTRALIA

TRANSITIONAL REHABILITATION PROGRAM

Ph: 3176 9508
Fax: 3176 9514

Email

trp@health.qld.gov.au

Postal

PO Box 6053
Buranda, QLD, 4102

Location

3rd Floor, Centro Buranda
Cnr Cornwall St & Ipswich Rd
Buranda, QLD, 4102
AUSTRALIA

SPINAL OUTREACH TEAM

Ph: 3176 9507
Freecall 1800 624 832
(for regional clients)
Fax : 3176 9514

Email

spot@health.qld.gov.au

Postal

PO Box 6053
Buranda, Q, 4102

Location

3rd Floor, Centro Buranda
Cnr Cornwall St & Ipswich Rd
Buranda, QLD, 4102
AUSTRALIA

It's all about Change



Why do we all find it hard to change?

- We don't have a reason to...
- We don't want to...
- We don't know how to...
- It is too hard to...
- We are unable to...

What you need to remember is that change is all around us and it is a natural part of life. **The only one who can make that change is you!**

As you get older with a spinal cord injury, there are changes that may need to be made. You may need to get fitter or lose some weight. [Click here for information on Physical Activity](#)

It may be that you need to think about a hoist for your transfers, putting your wheelchair on a car hoist when you drive or using a powerdrive wheelchair. [Click here for information on Your Arms and the Future](#)

But you have worked hard and held on to that independence and lifestyle for so many years, you may find it hard to let go.

On the other hand, there are many positives to making the change – less pain, less fatigue and more energy. Change may mean that you could enjoy the activity you're doing without worrying about the 'how to get there'. For example you may use all your effort in getting to work but then are so tired that you can't work well.

Do you feel that you have control of the things in your life? Taking control of your life is called 'empowerment'. Studies have shown that people who feel in control make changes a little easier than others.

The Process of Change

There are four stages of change. Here is some information about the different stages and hints about moving from one stage to the next to help you work through things that you need to or want to change.

1. Not wanting to change!

- Are your family and friends suggesting change that to you is not important. Maybe they are telling you that you **should** change. Remember sometimes you and your family and others around you may be at different stages of the process so it is always best to talk about the ideas everyone has.
- How important is the change to you? Score it on a scale from 1 to 10 of importance and think about whether you would consider it.
- Is there a part of the situation that you would like to change?
- Are there some parts that you can let go of and continue others that are more important to you?
- You may not want to change now but will think about it in the future.



SPINAL INJURIES UNIT

Ph: 3176 2215
Fax: 3176 7462

**OUTPATIENT
DEPARTMENT**
Ph: 3176 2641
Fax: 3176 5644

Postal and Location
Princess Alexandra Hospital
Ipswich Rd
Woolloongabba QLD 4102
AUSTRALIA

**TRANSITIONAL
REHABILITATION
PROGRAM**
Ph: 3176 9508
Fax: 3176 9514

Email
trp@health.qld.gov.au

Postal
PO Box 6053
Buranda, QLD, 4102

Location
3rd Floor, Centro Buranda
Cnr Cornwall St & Ipswich Rd
Buranda, QLD, 4102
AUSTRALIA

**SPINAL OUTREACH
TEAM**
Ph: 3176 9507
Freecall 1800 624 832
(for regional clients)
Fax : 3176 9514

Email
spot@health.qld.gov.au

Postal
PO Box 6053
Buranda, Q, 4102

Location
3rd Floor, Centro Buranda
Cnr Cornwall St & Ipswich Rd
Buranda, QLD, 4102
AUSTRALIA

- Having information and knowing where to go for help when you are ready to change is useful for future planning.

2. Thinking about change – what are the pros and cons?

- What will happen if you do change – what would be good and not so good about it?
- What will happen if you don't change? Again think about what would be good and not so good about staying the same
- Writing the pros and cons of change down and thinking about them is a good idea.
- What has worked before for you to achieve what you wanted, can you use the same steps
- Motivation always changes – its natural for motivation to go up and down, think about the pros you listed to help your motivation
- Do you need help with making any changes? Think about who you could contact.

3. Making that change! You are almost there!

- Be positive!
- You know why you need to change and what you need to change. You have the information and you are ready
- What are some of the things around you that are stopping you, what can you do about it?
- Now its time to set goals!
- What do you want to change?
- What are the steps you need to take? Break it down to small steps
- What is the timeframe you would like to do it in?
- Can you achieve it alone or do you need help?

4. I've made the change! How can I keep it going?

- Congratulate yourself!!
- It may still be an effort, but it will get better as your confidence improves
- Remember, it is always normal to take a backward step every now and then.

Last Reviewed December 2020
Review Due December 2022

