

# Patient handout

Easy Read version



**We are located at**

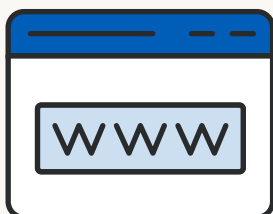
**If you are using a screen reader, you may need to use your PDF reader's read aloud feature to hear the contact details.**

# Contact information



## Call us

We will answer the phone from Monday to Friday between 8:00 am and 4:00 pm local time.



## Email us

You can send us an email.



## Use the Translating and Interpreting Service (TIS)

Call 131 450



## Use the National Relay Service (NRS)

Visit the [National Relay Service website](#)

# What is in this handout

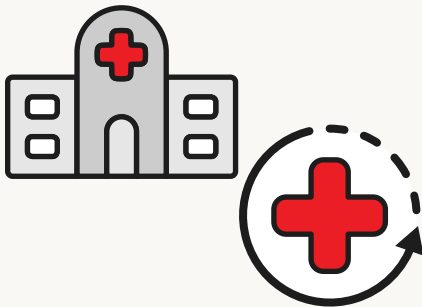
Contact information	2
<hr/>	
About this handout	4
<hr/>	
About rehabilitation	6
<hr/>	
What in-reach rehab is	7
<hr/>	
How rehab helps you	9
<hr/>	
How in-reach rehab works	11
<hr/>	
What you need to do	12
<hr/>	
Your team	14
<hr/>	
Notes	16
<hr/>	

# About this handout

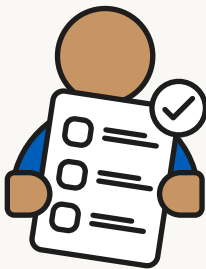


**Queensland  
Government**

This handout is from Queensland Health.  
We are part of the  
Queensland Government.



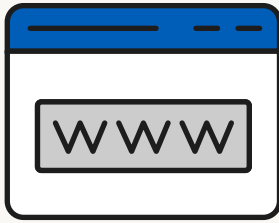
We wrote this document to tell you  
about our in-reach rehabilitation service.



This document is an Easy Read  
summary of our in-reach  
rehabilitation patient handout.



Summary means we only include  
our most important ideas.



You can read the full version of this document on our website.



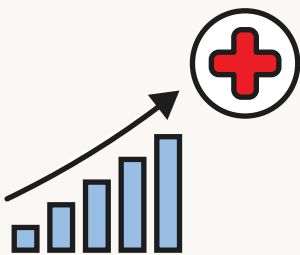
You can find our contact information on [page 2](#) at the beginning of this guide.

# About rehabilitation

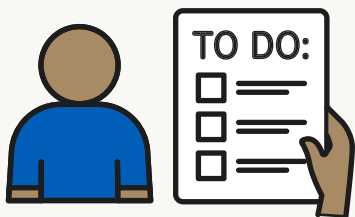


Rehabilitation is a kind of therapy you can have after an illness or injury.

Therapy is another word for treatment.



Rehabilitation helps get your health and wellbeing back to what it was like before your illness or injury.

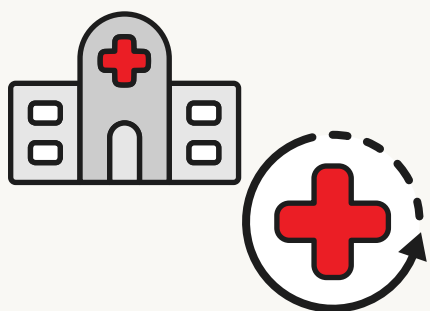


The aim of rehab is to help you do everyday things for yourself.

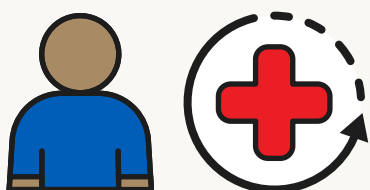


Rehabilitation is sometimes called rehab.

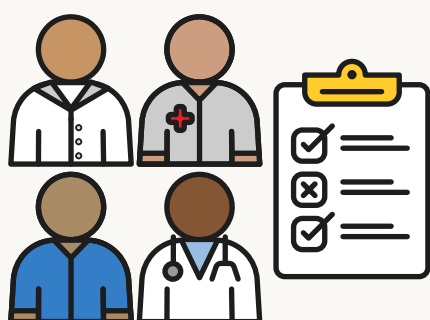
# What in-reach rehab is



In-reach rehab is a therapy we provide to you while you are a hospital patient.



It is designed especially for you.



The rehab team works with you to help you reach your goals and is made up of rehabilitation experts.



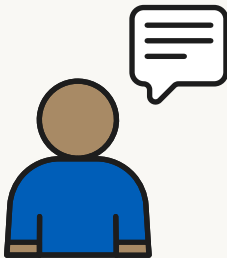
A goal is something you want to do or achieve to live your best life, for example:



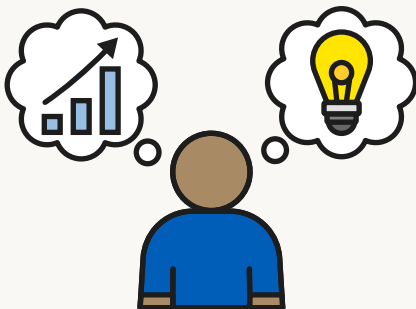
- walking or moving more



- looking after yourself



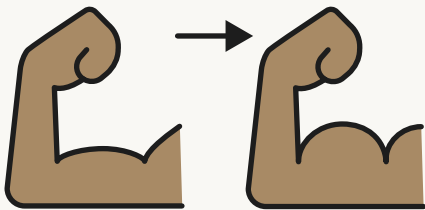
- improving how you talk and communicate with other people



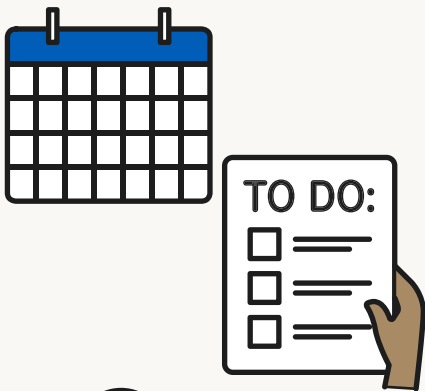
- improving your memory and thinking skills.

# How rehab helps you

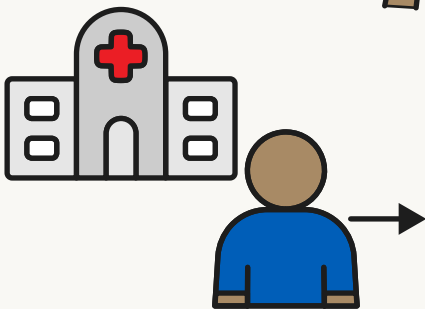
Starting in-reach rehab early can help you:



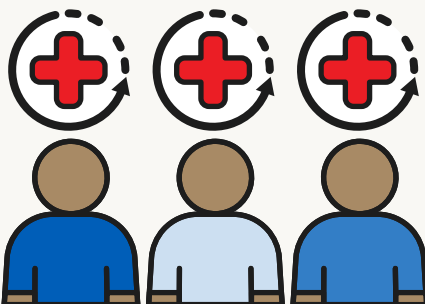
- get your strength back



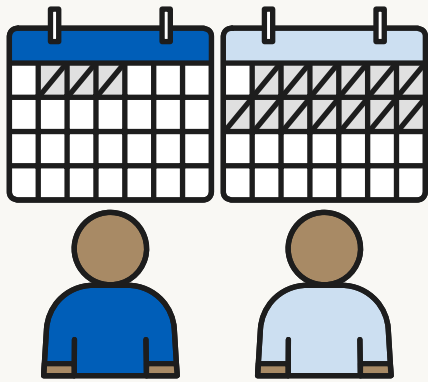
- do everyday tasks again



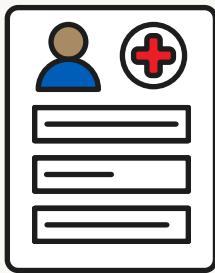
- go home from hospital sooner.



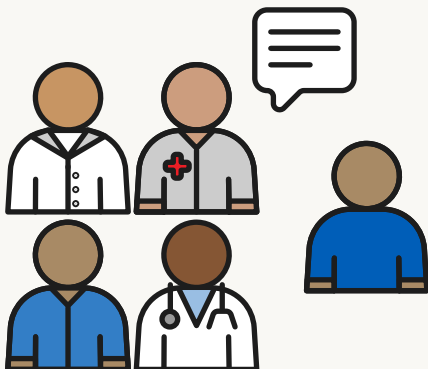
The way each person responds to rehab is different.



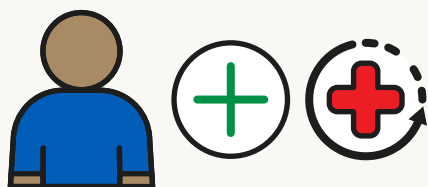
Some people take longer to feel stronger or healthier.



It depends on your illness, injury and the therapy you need.

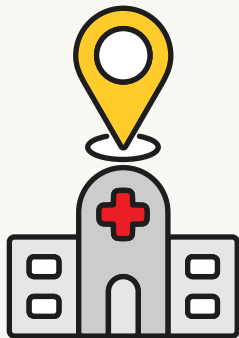


Your rehab team will talk to you about how you are going and what to expect.



They might decide you need more rehab after you leave hospital and they will talk to you and your family about this.

# How in-reach rehab works



You stay in the hospital ward you are in.

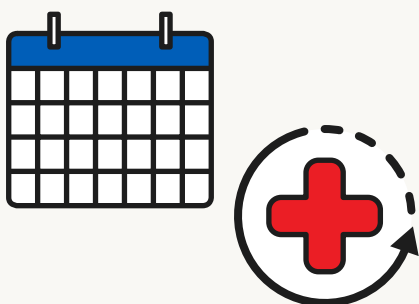
You might do rehab in the hospital room you are in or go to the gym or another area of the hospital.

# What you need to do

When you are doing in-reach rehabilitation you need to:



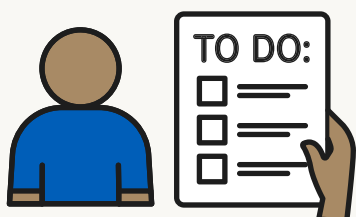
- set goals with your rehab team



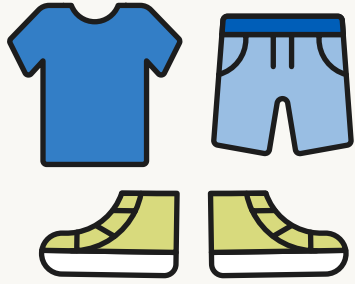
- do rehab sessions



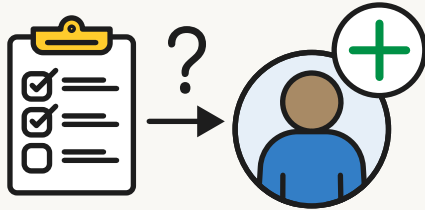
- do some exercises on your own, with help from your rehab team



- join in with your daily activities as much as you can



- wear comfortable clothes and shoes during rehab sessions



- let the rehab team know who your main contact person is and how they like to get information about your rehab journey.

# Your team

Rehabilitation doctor:

Rehabilitation nurse:

Physiotherapist:

Occupational therapist:

Clinical assistant:

Social worker:

Psychologist:

Speech pathologist:

# Notes

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