

Community Rehabilitation Program

The community rehabilitation program provides a time limited and goal directed rehabilitation service that aims to optimise people's functional capacity, independence, well-being and quality of life.

Multidisciplinary Team includes

- Clinical Psychology
- Dietetics
- Neuropsychology
- Nursing
- Occupational Therapy
- Pharmacy
- Physiotherapy
- Rehabilitation Physician
- Social Work
- Speech Pathology

Eligibility

Referrals will be accepted if they meet ALL of the following criteria:

- Have provided informed consent to be referred to the program
- Over 18 years of age
- Able and willing to actively participate in a time limited and goal driven rehabilitation program
- Have achievable rehabilitation goals with reasonable expectation of functional improvement within 6-12 weeks
- Have identified goals that require two or more allied health disciplines
- Are a resident in a community dwelling within the Gold Coast Hospital and Health Service catchment
- Are medically safe and stable
- Medicare eligible
- There is not a more appropriate service that can meet your needs



Exclusions

- Does not meet all inclusion criteria
- Client is receiving/ referred for:
 - Palliative care services
 - Active oncology treatment
 - Primary clinical need associated with community service and/ or equipment set up or residential placement
 - Residing in a Residential Aged Care Facility
 - Returned to previous level of function
 - Clients whose primary clinical needs are better met by an alternative service (eg: NISQ, NDIS, TCP, GEMITH, My Aged Care (MAC), Persistent Pain, Mental Health Services, AODS)

How to access the service

You will need to be referred by a Doctor or health professional using the Community Rehabilitation Program referral form.

A referral form can be obtained by contacting (07) 5635 6301



Attending appointments

Every effort is made to ensure clients receive timely therapy appointments.

If you are unable to attend an appointment, please contact our reception on (07) 5635 6301 at least 24 hours prior to your appointment time.

Missing appointments without notifying our service in advance may result in discharge from the program.

If your contact details or GP details change, please contact our office to ensure we have up to date information.

What to expect

You will be offered an initial appointment where a member of the team will meet with you to discuss:

- Your general health status and well being
- Your current level of functioning, how you are managing the things you need to do each day
- What you want to be working on, your rehabilitation goals. Before your first appointment consider what is important to you and what you want to get back to doing
- How we can help you to achieve your goals

A family member or friend is very welcome to attend this appointment with you.

Appointments will then be organised with the different health professionals who will work with you to support your progress towards achieving your goals.

Therapy

The therapy program planned for you will be based upon your own specific needs and goals and might include any combination of:

- Individual sessions - working one on one with a health professional
- Groups sessions - education/information sessions, working with a health professional and other individuals with similar goals
- Gym sessions - based in a rehabilitation gym. Might be an individual or a group session or sometimes both
- Community sessions - therapy session may be conducted within the community to support independent use of and access to local services and facilities – for example, how to use public transport
- Home sessions - where appropriate, therapy sessions may be conducted within the home environment.

Referral

To refer patients please use the Rehabilitation Services Referral form and email to GCHsubacute@health.qld.gov.au

For any inquiries please contact:

**Level 1, Robina Health Precinct
2 Campus Cres, Robina Qld 4226**

t: (07) 5635 6301

e: GCommRehab@health.qld.gov.au