

Rehabilitation at Sunshine Coast University Hospital



What is Rehabilitation?

Rehabilitation is often the next step of your journey following a medical event or an injury.

Your **rehabilitation** should be **individualised** to your needs and **guided by your goals**, to help you in recovery.



What is a goal?

A goal is something that you are aiming to do or **what you want to achieve**.



Some areas you may want to focus on include:

- physical activity such as **walking** to the bathroom and showering
- improving your **eating** and your **talking** with others
- helping to **solve problems** and planning for your **daily activities**
- working towards returning to **sport, work, hobbies or community activity**.



Who will I meet in rehabilitation?

- | | |
|-------------------------|--------------------------------|
| Medical Officers | Administration & Support staff |
| Rehabilitation Nurses | Allied Health Assistants |
| Speech Pathologists | Neuropsychologist |
| Social Workers | Pharmacist |
| Occupational Therapists | Dietitians |
| Physiotherapists | Recreational Officers |



We have a range of services and facilities to support you in your rehabilitation:

Available facilities

- Large individual and double rooms
- Large therapy areas and gym spaces
- Dining rooms and lounge areas
- Outdoor therapy spaces
- Outdoor dining, garden areas and recreational areas
- BBQ's
- Independent Living Units
- Kitchen areas
- Bathroom and laundry areas

What to bring

- Comfortable clothes, night-ware, underwear, appropriate shoes and your toiletries.
- Glasses, hearing aids, dentures.

Your rehabilitation

- You will be up and dressed in day clothes each day and scheduled for therapies between 7.00am – 5.30pm.
- Meals are served in the dining room areas with other patients. Breakfast is at 7am, lunch at 12 noon and the evening meal at 6pm.
- Visitors are welcome between 8am-8pm, not during meal times or rest periods, unless otherwise agreed.

Rehabilitation reception phone: 52021155



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