

Welcome to Rehabilitation

Goal Setting Workbook



Table of contents

Welcome to your rehabilitation journey	4
What is rehabilitation?	5
Why do I need rehabilitation?	6
Who may I meet in rehabilitation?	7
Your rehabilitation service	9
What is a goal?	13
Goal-setting	
How do I set a goal?	12
1. What is important to me?	13
2. Agree on specific goals	14
3. Plan some actions	15
4. Take action	16
5. How did it go?	17
Communication page	18
Find out more	19

Welcome to your rehabilitation journey

You are about to embark on your rehabilitation journey and your **road to recovery.**

This booklet will help you get the most out of your rehabilitation.

It contains **information** about rehabilitation and the **goal-setting process** to ensure that you and your family set and work towards goals that are **important to you.**

The booklet is for you and your team to work through together. It **belongs to you, keep it** with you in hospital and at home. Write down your **rehabilitation goals, plans and questions.**

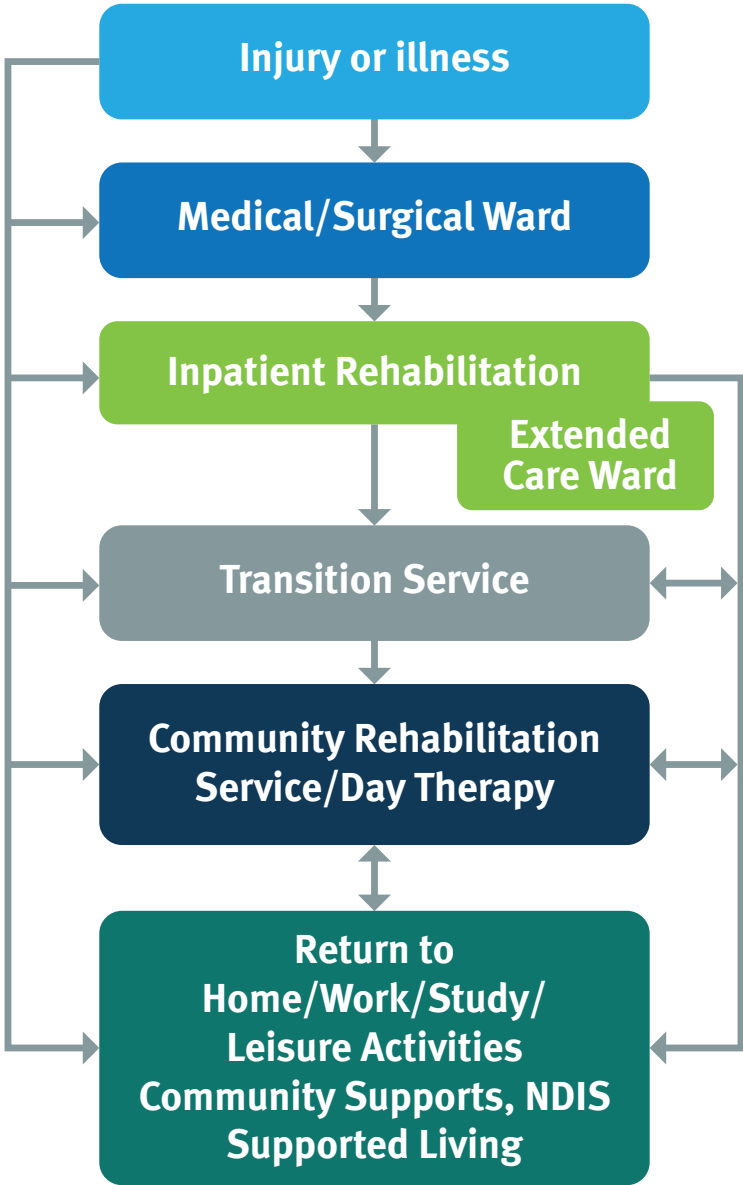


What is rehabilitation?

Rehabilitation is often the next step of your journey following a medical event or an injury. It can occur **in a hospital, at a day rehabilitation center** or **at home** in the community.

Your **rehabilitation** should be **individualised** to your needs and **guided by your goals**.

The rehabilitation journey



Why do I need rehabilitation?

There are many reasons **why** you may **need rehabilitation**. You may be recovering from **a stroke, a brain injury, a fall or surgery**.

To get off to the best possible **start**, complete the following section **with your rehabilitation team**:

What happened to me?

What has changed since my injury/medical event?



Who may I meet in rehabilitation?

The **rehabilitation team** are a group of health professionals who will work with you on your rehabilitation journey. You can write the names of your team below.



Medical Team / GPs help with managing all your medical needs and can help refer you to other services or health professionals that can help with your specific needs.



Speech Pathologists help with communication (e.g. talking, understanding, reading, writing), eating and drinking.



Social Workers help with adjusting to changes in your life, and future planning (eg. discharge, community services).



Occupational Therapists help with personal care (e.g. toileting, showering), daily activities (e.g. cooking, returning to work) and thinking skills (e.g. memory, planning).



Allied Health Assistants help support you to complete your rehabilitation activities.



Administration Officers will assist you to check-in to and out of the ward or appointments and can assist you with contacting family.



Rehabilitation nurses help with enhancing the skills / activities you are developing and assist in maximising your state of wellness.



Physiotherapists help with moving and physical activities (e.g. standing up, walking, balancing, moving around the environment).



Neuropsychologists / Psychologists help with your thinking skills and managing emotions and coping skills.



Pharmacists can help review and provide education about your medications.



Dietitians can help provide you with individual dietary advice or specialised diets to help you to regain strength and maximise your recovery.



Recreational Officers coordinate activities and events for you to be involved in whilst you are in rehabilitation.



In hospital **Support Staff** help to deliver your meals or take you to appointments and therapies.

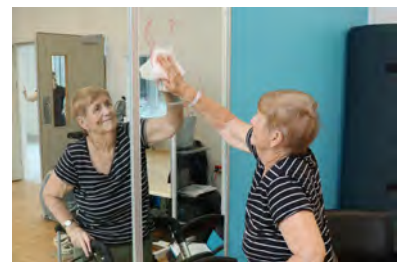
Rehabilitation at

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

Our Rehabilitation Service



Available facilities



Rehabilitation at

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

Essentials to bring with you



Your rehabilitation



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
- improving thinking skills such as **memory** and **attention** or planning for your **daily activities**
- working towards returning to **sport, work, hobbies or community activities**
- improving your **wellbeing** and quality of life.



Goals should:

- be **specific and relevant** to you and your needs
- be **important** to you
- have a **timeframe**
- be **agreed on** by you, your family and the rehabilitation team.



*It is ok if the focus of your goal changes or if your goals are no longer important to you. If you **wish to change** your goals, **talk to your rehabilitation team**.*

How do I set a goal?



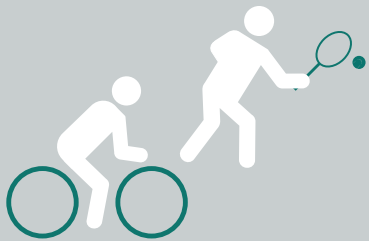
1

What is important to you? What do you want to work on?

This section helps you to think about **what your life was like before** your injury or medical event and **what it is like now**.

We would like to know how this change is impacting your everyday life so your rehabilitation team knows **what you need** to be able to do and **what's most important for you**.

What do you enjoy doing?



Who do you spend time with?



What is a usual day for you?



What would you like to work on?

You can **write** some things down on the next page. Sometimes it is helpful to **put in order** what is **most important**.

4

Take action

Carry out the plan and **share** your goals with those around you.

*Seek opportunities around you to **practice often**, to help you achieve your goals.*

Suggestions:

- **Place the goals** and actions on your **bedside** or on the **fridge** at home.
- Use this book to **show your friends and family** what you are working towards.
- **Take** your rehabilitation booklet to and from **therapy** and treatment sessions.
- Ask your rehabilitation team about **community groups** who can keep you **motivated towards your goals**.
- **Keep** additional **information and exercises** that you are given.
- **Write down any questions** you have at the back of this booklet so you can remember to ask your rehabilitation team.



5

How did it go?

Regularly **reflect** on your action **plan** and **goals**.

Your rehabilitation team will meet regularly with you to **review your progress** throughout your rehabilitation journey.

How are you going with your action plan?

*Have you **achieved your goal/s**?*

***Rate** how well you feel you are **progressing** with your goal/s.*

1



Getting started

2



Half way

3

4

5



Made it

Once you feel you have **completed** the action plan / achieved the goal – **give yourself a tick!** *Great work!*

If you **haven't achieved your goal**, or you do not feel you are progressing that is ok. Make a time to **talk about any concerns with your rehabilitation team**.

Want to find out more?

Below are some websites and resources that may be relevant to you and your condition. If you do not see a topic relevant to your health condition ask a rehabilitation team member for some more information.



**Queensland Spinal
Cord Injuries Service**

www.health.qld.gov.au/qscis



<https://strokefoundation.org.au/>

brain injury AUSTRALIA

<https://www.braininjuryaustralia.org.au/>



<https://www.msaustralia.org.au/>



<https://www.parkinsons.org.au/>



**Queensland Health
Stay on your feet!**

[https://www.health.qld.gov.au/
stayonyourfeet](https://www.health.qld.gov.au/stayonyourfeet)



Limbs 4 Life

<http://www.limbs4life.org.au/>



<https://lungfoundation.com.au/>



<https://www.heartfoundation.org.au/>