

Rehabilitation at



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?



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

Available facilities

What to bring

Your rehabilitation

Rehabilitation at

