

Rehab and you GP – Aphasia friendly

Your Journey Through Rehabilitation - adult

This handout is to help you and your family through your rehabilitation and to find a General Practitioner (GP).

If you feel sick

If you feel sick after leaving hospital you need to ask for help.

In an **emergency**, call **000**

You can ask:

- your **GP**
- a **health professional**



If you are not sure who to call, call **13HEALTH (13 43 25 84)** for non-emergency health advice.

Planning to leave hospital

There are different **types of rehabilitation**:

- Inpatient rehabilitation (stay in hospital)
- Outpatient rehabilitation
- Day hospital
- Community rehabilitation



With help from your team, it is important to make plans for leaving the hospital.

You **may still need more rehabilitation** once you leave hospital.

Goal-setting and planning to go home

Goal-setting is an important part of rehab.

It helps you **decide what matters to you** and how to work on them.

Your rehab team will help you with goal-setting.

Goals can change over time. Talk to your rehab team if you think your goals need to be changed.

If you need more information visit our [goal-setting in rehabilitation page](#).



Your recovery

Your rehab team can tell you **how much they think you will get better** and **what usually happens** as you get better.

You can also ask questions that are important to you/your family about your rehab and your journey. If you are feeling unwell, speak with your:

- hospital team
- healthcare professional
- GP
- social worker.



You should also speak with them if you are not feeling well emotionally. Your recovery will be easier if you are mentally ready.

Visiting your GP

It is important to **see your GP soon after you leave hospital**.

Talk with the doctor on the ward about when this should be.

Make sure you **have enough medicines** to last until you visit your GP.

Talk with your GP about moving your care to home and any other medical appointments that you need.

Take your **discharge summary with you to the GP**.

Speak to your doctor / key person on the ward if you need help to book this GP appointment.



Other times you may need to visit your GP during your rehab at home:

- if you are **feeling unwell**
- for **new problems, check-ups, follow-ups and medicines**
- if you have problems with **your medicines**
- if you are **finding it hard** to be at home or go to work
- if you have **stopped rehab and want to start**, your GP can help
- needles
- because of an **accident** and minor injury
- help with **Medicare** funding, e.g. Chronic Disease Management (CDM) Plan and Mental Health Plans.



Finding a GP

You need to have a GP when you leave hospital.

Your own GP will look after you and your families health.

You can **find a GP** near you by:

- **ask your friends or family**
- **search online** such as:
 - [National Health Services Directory](#)
 - [QFinder2.0](#)
 - [Yellow Pages](#) or [White Pages](#)
- calling [13 HEALTH](#) (13 43 25 84)



Speak to your doctor or a member of your team on the hospital ward if you need help to find a GP.

Version 2.0 July 2023 – Part of the *Rehab and your GP* suite of resources <http://clinicalexcellence.qld.gov.au/resources/rehab-and-your-gp>