

Rehab and you GP – Aphasia friendly

Your child's journey through rehabilitation

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

If your child feels unwell

If your child feels 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.

Your child **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 and your child work out **what matters to them and how to work on them.**

Your rehab team will help you with goal-setting.

Goals can change. Talk to your rehab team if you think your child's goals need to be changed.

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



Your child's recovery

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

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

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



You should also speak with them if your child is not feeling well emotionally. Their recovery will be easier if they are mentally ready.

Visiting your GP

It is important to **see your GP shortly after leaving 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 this appointment.

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 child's rehabilitation at home:

- if your child is **feeling unwell**
- for **new problems, check-ups, follow-ups and medicine prescriptions**
- if your child is having problems with **their medicines**
- if your child is **finding it hard** to be at home or go to school
- if they have **stopped rehab and want to start**, your GP can help
- needles
- child health and development
- because of an **accident** and minor injury
- teenage health – mental and sexual health
- help with **Medicare** funding, e.g. Chronic Disease Management (CDM) Plan and Mental Health Plans.



Finding a GP

Your child needs to have a GP when you leave hospital.

Your GP will look after your child and your families health.

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

- **asking your friends or family**
- **searching online** such as:
 - [National Health Services Directory](#)
 - [QFinder2.0](#)
 - [Yellow Pages](#) or [White Pages](#)
- calling [13 HEALTH](#) (13 43 25 84)
- Children's Health Queensland's [Finding a GP factsheet](#) contains further information.



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>

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<https://www.childrens.health.qld.gov.au/chq/information-for-families/finding-gp/>
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