

# Rehab and your GP

## Your child's journey through rehabilitation

This resource aims to help you and your child through their rehabilitation journey and to find a General Practitioner (GP).

### If your child feels unwell

If your child feels unwell after leaving hospital you should seek advice from a medical professional such as your GP. In an emergency, call 000. If you are unsure about who to contact, please call [13HEALTH](tel:13432584) (13 43 25 84) for non-urgent health.

### Planning your child's discharge from hospital

There are many stages in the rehabilitation journey including intensive inpatient rehabilitation, outpatient rehabilitation, day hospital program and community rehabilitation. Depending on the progress of your child, they may participate in some or all of these programs. With assistance from the rehabilitation team, it is important to start making plans for your child's rehabilitation needs, including discharge, as soon as possible.

Your child's rehabilitation journey usually continues after they leave hospital. Your family may be followed up by rehabilitation teams in the community. Your GP will be very important in helping to co-ordinate these services.

### Goal-setting and discharge planning

Goal-setting is an important part of both your child's rehabilitation and also the discharge planning process. It helps you and your child decide what matters to you most and plan the steps to achieve them. Your child's rehabilitation team will support you and your child with goal-setting and guide the activities you can do to help achieve your goals. Goals and values can change as you continue through your child's rehabilitation. Talk to your rehabilitation team if you think the goals need to be reviewed. If you need more information about goal setting visit our [goal-setting in rehabilitation page](#).

### Your child's recovery

Your child's rehabilitation team can provide an indication of how much they think your child will improve and what is typically expected during the recovery period. You can also ask questions that are important to your child and your family about their rehabilitation program, their progress and expectations about their recovery. If they are feeling unwell or struggling with their recovery emotionally, speak with your inpatient team, healthcare professional, GP or social worker. Your child's physical recovery will be most effective if you are both mentally prepared.

### Visiting your GP

It is important that your child visits your GP shortly after leaving hospital. This is so they can help with transitioning your child to living at home and they can help arrange any follow-up medical appointments that might be needed. Talk with the doctor on the ward about when this appointment should be. Make sure you have enough medications to last until you visit your GP or specialist. Take your discharge summary with you to this appointment.

Your local GP plays an important role in your family's health and coordinating their care. They are usually the first health professional you see if you have any concerns about your child's health. GPs provide continuing, comprehensive care for children and families, within the communities in which they live.

Please speak to your doctor / key worker on the ward if you need help to book this GP appointment.

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

- if your child is feeling unwell
- for new symptoms, routine check-ups, follow-ups and medication prescriptions
- if your child is having problems with their medications
- if your child is struggling with their recovery or with returning to home or school
- if they have stopped rehabilitation and want to recommence, your GP can discuss options and make referrals
- vaccinations
- to monitor your child's health and development
- treatment of accidents and minor injuries
- adolescent health (for teenagers), including contraception, mental and sexual health
- coordinating access to Medicare funding, e.g. Chronic Disease Management (CDM) Plan for allied health treatment such as speech therapy, physiotherapy and occupational therapy for children with diagnosed long-term medical or developmental conditions, as well as mental health plans for access to psychology and behavioural treatment
- to provide continuity over time, especially when transitioning from hospital to community-based care or from paediatric services to adult services.

## Finding a GP for your child

If your child does not have a GP, then you will need to find one before leaving hospital. If you need help finding a GP, please see the information below. You can find a GP near you by:

- asking friends or family members who they recommend.
- searching online directories 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.

Please speak to your doctor or a member of the inpatient rehabilitation team on the ward if you need help to find a GP.

## Additional resources

- [Finding a GP - For Children](#)
- [My Health Record](#)

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/>