

A Typical Day in Rehabilitation

Brain Injury Rehabilitation Unit

Rehabilitation is an important step in your recovery following a brain injury. It focuses on achieving the goals that matter most to you and your family. The amount of time you need for rehabilitation will be different from others.

Our team members will work with you to assess your current level of function, assist you in establishing clear rehab goals, devise an individualised therapy program and regularly assess your progress.

While you are at STARS you will be allocated a link worker who will be your main point of contact for goal setting, review, administrative and discharge planning.

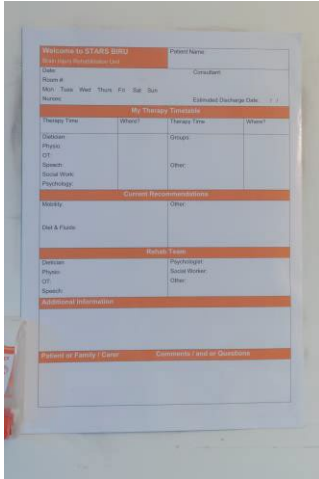
During your admission the team will provide advice and guidance in relation on adjusting to any disability which may remain after your rehabilitation program is complete.

The Brain Injury Rehabilitation Unit has been set up to replicate real-life, shared living situations, including a common kitchenette facility, dining room and lounge areas. You are encouraged to live as independently as possible and learn life skills necessary to assist you with your transition back home.



Timetable for care and therapy

Your rehabilitation journey will involve participation in a scheduled therapy program. Your therapy appointments will be updated daily on a timetable in your room. Therapy can consist of individual or group sessions with the allied health team, clinical assistants, and student clinicians. You may be provided with independent or supervised programs to practice outside of scheduled therapy.



Nursing staff will assist with your 24-hour care needs, respond to your nurse call requests, and implement therapy strategies outside of therapy times.

Your medical team oversees your overall care. You will see them on a daily ward round (Monday to Friday). Relatives are welcome to be present if they wish to speak to the doctors.

Mealtimes

Breakfast is served in your room.

Lunch and dinner are served in the common dining room



Rest

Rest is an important part of your recovery. Rest periods may be included in your timetable schedule.

How family and friends can help

One of the aims of rehabilitation is to help you to be as independent as possible – we ask family and friends to encourage you to do things for yourself rather than doing things for you. The nursing or allied health staff can provide guidance on what support is needed, so please check if you're unsure.

Friends and family are encouraged to bring in familiar items and photos to make your room a more personal environment. Story boards and memorabilia can be a great aid to cognitive rehabilitation.

Relative and friends can also help by encouraging you to attend therapy. During therapy we want to focus on you to maximise your focus and participation. It's preferable if visitors come out of scheduled therapy times. Please refer to your therapy timetable in your room to help plan your visits.

Contact Details

STARS General Enquiries: 07 3647 7111

Ward 5A Reception: 07 3647 6753

More Information

