

# Preparing for Discharge

## Brain Injury Rehabilitation Unit

The timeframe for your discharge from hospital will be determined by a wide range of factors that differ for every person. Your team will develop an estimated date of discharge generally within the first week of you coming to the ward. This will be updated as needed throughout your stay so that you will always know when your team thinks you'll be ready for discharge.

## Preparing to Leave Hospital

### Day or Overnight Leave

Your team will be able to work with you to determine when it is suitable for you to have leave from the ward. This is an important part of your recovery and reintegration back into the community and as such it's important we get the timing right to ensure you are properly supported and safe.

Leave may initially be from the ward, staying on site at STARS, then leaving for a few hours, and progressively being increased to overnight or weekend leave. Speak with the team about having leave, and they will work with you to determine when this can happen.

### Patient and Family Meetings

During your time in rehabilitation the team will organise a family meeting with you and your support persons. This is an opportunity for the team to provide information on the progression of your rehabilitation, discuss plans for discharging from in-patient rehabilitation and for you and your support persons to ask questions of the team.



## Supports Available on Discharge

Discharge from hospital doesn't mean the end of rehab, there are many community services to continue therapy with, and support you in the community. Your team will work with you to determine the most appropriate service for you once you leave the hospital. These may include the National Disability Insurance Scheme (NDIS), National Injury Insurance Scheme, Queensland (NIISQ), My Aged Care, Community transition programs, Community Based Rehabilitation Team, Post-Acute Care Service and many more depending on your own specific eligibility. The rehabilitation team will provide a comprehensive summary of the care you have received to your GP to ensure a smooth transition of your medical care.

## Rehabilitation After Your Inpatient Admission

There are many community services to continue therapy with. There are many different types of rehabilitation in the community: Hospital-based, Home-based, Face-to-Face, or Virtual. Your team will work with you to determine the most appropriate service for you once you leave the hospital. As with in-patient rehabilitation, the community rehabilitation time will continue to work on your goals for the duration of their care.



You will likely be reviewed by the Rehabilitation Specialist as an out-patient to ensure that your care is continuing appropriately.

## Contact Details

**STARS General Enquiries:** 07 3647 7111

**Ward 5A Reception:** 07 3647 6753

## More Information

