

# My rehab, my journey – Gadjigadji

Learn more about what you can expect from physical rehabilitation



*Rehabilitation (or 'rehab') will help you after an injury, illness, stroke, car accident or hip replacement. There are lots of reasons why rehab might be good for you.*



## **Assessment is the first step**

You are the most important person on the rehab team – the more we work together, the quicker you can get moving.

You have had lots of tests and scans, and now rehab (therapy and activities) will get you going again.

You and the team will work out what's important to do each day, and the things you will need to practice. These will become your 'goals'.

You and your team will have lots of questions. You might want to bring a family or community member along to support your journey.

You will be encouraged to do as much as possible for yourself in your daily routine.

*Rehab is a safe place where you and your family can be part of therapy and activities every day.*



## **Deciding what is important**

This is one of the most important parts of rehab. You and your team will work together to set your goals. They might change over time, but can include:

- walking
- dressing and showering
- working
- driving
- fishing
- cooking
- caring for your family.

You will get there by exercising, practicing, listening and learning new ways of doing things.

*Sometimes this is hard, but rehab is the journey to help you move, think and feel better, and do more for yourself.*

*Rehab happens in hospital, the community or at home. Depending on where you live, you can help us work out what will be best for you.*



## What will happen at rehab

You can expect:

- assessments and tests
- gym: exercise programmes and therapy
- working with your team
- doing your therapy in different places
- individual and group activities
- lots of questions
- family meetings
- case conference
- family time
- good days and not so good days.

*We can ring or text you, or speak to you over your computer.*

## My rehab, my journey Gadjigadji (regrowth)

After rehab, it's important to remember recovery can be ongoing and it's a good idea to keep a routine.

Its best to:

- continue exercise and therapy
- practice activities
- get the support of family and friends
- keep up with your regular and specialist appointments
- speak with your team
- talk to someone if you are feeling low
- ask for a regular health check from your doctor
- ask to be registered for the '[Closing the gap](#)' programme to access low cost or free medicines.

## About the artwork

### Cecily Carpenter

*Road to Recovery*

(Acrylic Painting on board 2020)

This artwork was commissioned from the late Aunty Cecily Wellington-Carpenter who sadly passed away in 2020.

Aunty Cecily was a renowned artist, accomplishing over 35 years experience with her artwork acknowledged at the highest levels, having won a National NAIDOC poster competition.

Her passion was always to tell a story, use vibrant colours and saltwater themes.

Her family are proud to continue to acknowledge and honour Aunty Cecily's distinguished artwork and we honoured to be able to do so in this publication.



*Rehab is about emotional, social, wellbeing and physical improvement, and will help you to do what you need to do in your life. This is not drug and alcohol rehab.*



## For more information

Please contact the Aboriginal liaison officer or the social work department of your rehabilitation ward.