

Rehab and your GP

Your Journey Through Rehabilitation - adult

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

If you feel unwell

If you feel unwell when you leave hospital you should seek advice from a medical professional such as your GP. In an **emergency, call 000**

If you are unsure of who to contact, please call 13HEALTH (13 43 25 84) for non-urgent health advice.

Planning your discharge

There are many stages in the rehabilitation journey including intensive inpatient rehabilitation, outpatient rehabilitation, day hospital program and community rehabilitation. Depending on your progress, you may participate in some or all of these programs. Planning for your discharge from hospital is an important part of your rehabilitation. Your rehabilitation team will work with you as soon as possible to start making plans for your discharge.

Your rehabilitation journey may not end when you leave hospital. You 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 rehabilitation and also the discharge planning process. It helps you decide what matters to you and plan the steps to achieve them. Your rehabilitation team will support you 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 rehabilitation. Talk to your rehabilitation team if you think your goals need to be reviewed. If you need more information about goal-setting visit our [goal-setting in rehabilitation page](#).

Your recovery

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

Visiting your GP

It is important to visit your GP shortly after leaving hospital. They provide continuing, comprehensive care for you and your family, within the community in which you live. Talk with your doctor on the ward about when this should be. Make sure you have enough medications to last until you visit your GP or specialist.

Talk with your GP about transitioning your care to the community and any medical follow-up appointments that might be needed. Take your discharge summary with you to this appointment. 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 you are feeling unwell
- for new symptoms, routine check-ups, follow-ups and medication prescriptions
- if you have problems with your medications
- if you are struggling with your recovery or with returning to your home or work
- if you have stopped rehabilitation and want to recommence, your GP can discuss options and make referrals
- vaccinations
- treatment of accidents and minor injuries
- working closely with specialists, as needed, to help manage your care
- 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 people with diagnosed long-term medical conditions, as well as mental health plans for access to psychology and behavioural treatment
- providing continuity of care over time, especially when transitioning from hospital to community-based care.

Finding a GP

If you do 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)

You may also 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

- [My Health Record](#)