

Acknowledgement of Country

Townsville Hospital and Health Service acknowledge the Traditional Custodians of the lands, waters, and seas on which our health facilities are placed.

We pay our respects to Elders past present and recognise the role of the current and emerging leaders in shaping a better health system.

Making Tracks artwork produced for Queensland Health by Gilimbaa.

Contact details

Townsville Rehabilitation Unit
Townsville University Hospital
1 Discovery Drive
Douglas QLD 4814

Phone:

(07) 4433 4202

Visiting hours:

Monday – Sunday
8.00am – 8:00pm

Published by Townsville Hospital and Health Service
www.health.qld.gov.au/townsville



This patient information brochure supports National Safety and Quality Health Service Standard 2 - Partnering with Consumers

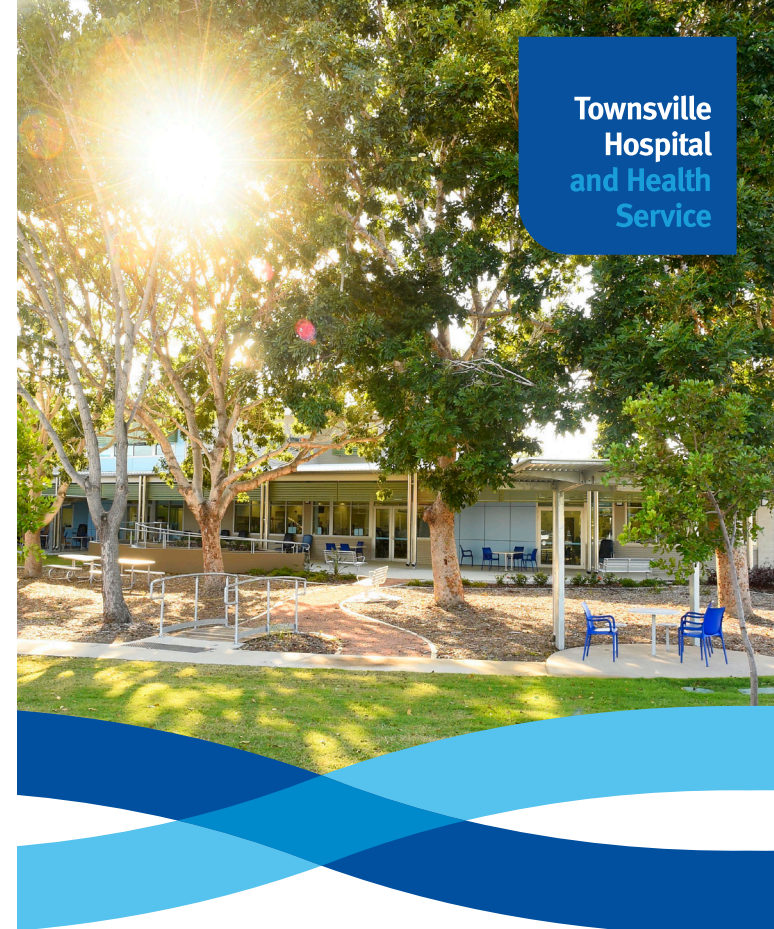


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Sydney: NSW Agency for Clinical Innovation; 2021. Available from: https://aci.health.nsw.gov.au/__data/assets/pdf_file/0005/647888/My-rehab-my-journey-patient-brochure-folded.pdf, creativecommons.org/licenses/by/4.0/au

Version 1

Last reviewed: September 2023 Review date: September 2025

Townsville
Hospital
and Health
Service



Townsville Rehabilitation Unit

Information for Patients,
Family Members and Carers

Reception phone number:
(07) 4433 4202



What is rehabilitation?

Rehabilitation is a **journey** after illness or injury **helping you** with your **emotional, social, and physical wellbeing**.

Helping to improve your daily routine through **exercise, practice, listening and learning** new ways of doing things.

Rehabilitation can happen in the hospital, the community or in your home.

The Townsville Rehabilitation Unit is a safe place where you and your family can be part of your therapy and activities every day.

This is **not** drug and alcohol rehab.

What happens at rehab?

You will be assessed by the team to guide your rehabilitation plan to help you **optimise your recovery**.

We may help you with:

- Walking
- Cooking
- Eating and drinking
- Going to the toilet
- Dressing and showering
- Listening and talking
- Problem solving and planning

Your therapy might happen in the:

- Gym
- Dining room
- Living room
- Garden and outside
- Groups or individually

Who will be helping you?



Doctors to review your progress



Nurses to care for you and help with daily tasks



Indigenous Hospital Liaison Officer to offer you support



Dietitian to help with weight management and nutrition



Physiotherapist to help with moving your body



Occupational Therapist to help you with daily activities



Speech pathologist to help you eat, listen and talk



Psychologist to talk things through and listen to you



Social worker offering you support and connecting you with community



Pharmacists to review your medicine

What do you need to bring?

Use this checklist to help guide what to pack for your stay at the Townsville Rehabilitation Unit.



Comfortable Clothing



Closed in shoes



Glasses



Hearing Aids or dentures



Toiletries



Toothbrush