

Rehabilitation, Aged & Community Care Counselling

Changes to our health can often lead to changes in the things that matter most to us. It is normal to be concerned about the changes that follow illness or injury. How you manage will depend on many things.

Talking about your experiences may help you adjust to your current situation. The Counsellor is available to provide support to you and your family throughout your rehabilitation process.

The Counsellor can help you and/or your family:

- understand the changes that follow your illness or injury,
- understand how you respond to and manage these changes,
- work through any grief and loss that you may experience because of these changes,
- make decisions following these changes,
- increase self-esteem and confidence,
- enhance personal relationships,
- return home and adjust to life after hospital,
- reach your rehabilitation goals.

While everyone's experience is different, you may wish to talk about any of the following changes:

- what you are able to do at the moment (such as changes to your mobility),
- how much help you need from others,
- how you are feeling,
- your role as a partner, parent, or employee,
- how you manage stress and conflict,
- where you live,
- your sexual health,
- your future goals,
- any other changes.

Service Details

For hospital patients in rehabilitation wards and their families, you can ask to see the Counsellor by talking with your doctor, your nurse, or any other member of your treating team. If you are receiving rehabilitation as an outpatient, you can ask to see the Counsellor by talking with any member of your treating team.

This service is provided at no cost to you or your family members accessing support through *Rehabilitation, Aged & Community Care* (RACC). The length and number of sessions will depend on your situation, however sessions are usually 50-60 minutes long and people typically access up to 6 sessions. If you would like more information about counselling, please call **(02) 5124 0234**.

Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit: www.health.act.gov.au/accessibility

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