Psychosocial Team
Community Rehabilitation Program

It can take time to adjust emotionally to changes in your health.

Your Psychosocial Team is here to help:
- Social Work
- Neuropsychology
- Clinical Psychology

Please discuss a referral with a member of your treating rehabilitation team.
Social Work

Who we are
Social Workers support people and their families to manage the effect of their illness, injury or disability on their wellbeing. Social Workers help people to overcome social and emotional barriers to help their recovery.

How can we help?

- Counselling around adjustment to illness, injury or disability.
- Assessment of changes in mood related to illness, injury or disability.
- Counselling around change in relationship roles.
- Supporting people to access services.
- Support for carers.
- Helping people to engage in social activities in their community.
- Planning for future needs (e.g. services, home care packages, advanced care planning)
- Assistance with the National Disability Insurance Scheme (NDIS) – registration, eligibility, assistance with Access Request Forms.
- Supporting people who have experienced family violence, carer abuse, elder abuse or addiction issues affecting their rehabilitation.
Clinical Psychology

Who we are
Clinical Psychologists are specialist psychologists who assess, diagnose and treat a range of emotional issues. We offer a time limited, goal oriented and confidential service. We aim to help you explore your health concerns, cope and manage your health conditions better, and get the most out of your rehabilitation.

How can we help?
After assessing your concerns, the Clinical Psychologist will develop a treatment plan with you.

A range of problems may be addressed in your Clinical Psychology sessions.
- Depression and low mood.
- Anxiety, including stress and coping difficulties.
- Adjustment to illness, injury and rehabilitation.
- Grief and loss.
- Relationship problems.
- Body image and sexuality concerns.
- Pain management.
- Sleeping difficulties.
- Carer stress and support for partners.
- Motivation to take part in rehabilitation therapy.
Neuropsychology

Who we are
Neuropsychologists are Psychologists who use a range of assessments to understand how brain injury or disease may have affected your memory, thinking or behaviour. This can assist you, your family, and your team to understand the best way to communicate with you, how you learn, and what supports might be helpful.

What does a Neuropsychology assessment involve?
- Talking with the Neuropsychologist about your memory, how you are feeling, and your goals (i.e. what you want to be able to do). We may also ask you some questions about your schooling and work history, as this helps us to plan the assessment tasks we choose.
- You may complete a range of pen-and-paper tasks to assess your thinking, including your information processing, attention, memory, planning and organization skills, and problem solving skills.
- We usually complete the tasks over a number of sessions.
- We may also ask you about how you have been adjusting to recent life changes and any emotions you may have been experiencing.

How can we help?
- Help to identify your strengths and areas where you need support.
- Help you to learn strategies to improve your attention and memory.
- Help you manage fatigue or sleep changes following a brain injury.
- Support your therapists on how to best communicate with you, how you learn, and things that may be helpful for you.
- Help determine what community-based supports might be helpful for you.