

# MY REHABILITATION PROGRAM



## WHAT CAN YOU EXPECT OF YOUR REHABILITATION PROGRAM WITH LIFEWORKS HEALTH SERVICES?

### Sustainable outcomes

- Building your self-sufficiency to achieve outcomes that last beyond your plan
- Quality services and supports that achieve milestones and outcomes

### Maximise your wellbeing

- Building skills to maximise your physical, mental, emotional and social health

### Individually tailored

- A plan that is tailored, monitored and refined to meet your needs and goals
- Funding for services and supports linked to your needs and challenges

### Achievable timeframes

- Appropriate plan timeframes are established and communicated with you
- Services and supports are short term, provided within the duration of your plan

**The purpose of a rehabilitation program is to assist veterans to build skills to enable them to maximise their wellbeing.**

## MY REHABILITATION PROGRAM

### What can you expect of your LHS Consultant?

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#### Knowledgeable

- We are helpful and knowledgeable
- We understand the services and supports in your local area

#### Professional

- We will be professional and respectful in all our dealings with you
- We are skilful in setting quality goals and activities with you to achieve outcomes

#### Prompt and reliable

- We will promptly link you with effective services and supports
- We will communicate with you reliably and on time

### How can you help us make the most of your rehabilitation plan?

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#### Key points

- Please keep good communication with your LHS Consultant during your plan
- Keep us up to date about progress with your goals. Let us know if there are changes in your circumstances that might affect the nature or timing of your goals, such as changes to your mental or physical health, your family situation or a planned holiday. We might need to adjust your plan
- Your LHS Consultant will agree on regular times to contact you and will give you their direct phone and email.



**We look forward to working with you!**

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