

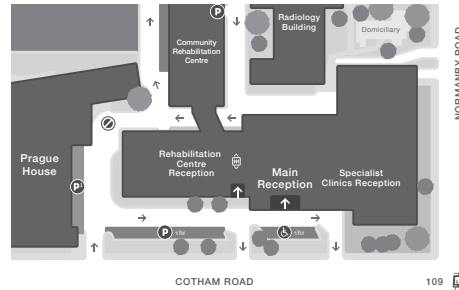
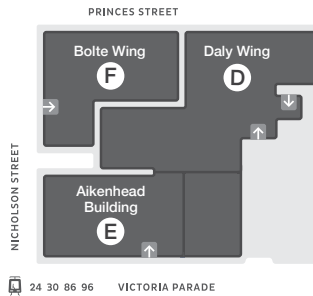
WHERE YOU'LL FIND US

St Vincent's Melbourne

Fitzroy campus Building F
Ground Floor, Bolte Wing
14 Nicholson Street, Fitzroy
(near the corner of Victoria Pde)

St George's Community Rehabilitation Centre

283 Cotham Road, Kew



We look forward to meeting you and helping you work towards your goals.

For more information please feel free to contact us:

Tel: (03) 9231 4672

Email: YoungAdult.ComplexDisability@svha.org.au



ST VINCENT'S HOSPITAL
MELBOURNE
A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

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Inspired by You

Young Adult Complex Disability Service

What to expect at your first appointment

Date: _____ *Time:* _____ *Location:* _____

This brochure is designed to help you prepare for your first appointment with our service.

WHAT TO EXPECT

- You should allow at least 90 minutes for your appointment. Please try to arrive on time.
- You will meet the doctor, physiotherapist, occupational therapist and social worker. Other therapists may also be present depending on your needs.
- You will be asked many questions and receive a physical examination.
- There will be an opportunity for you to ask questions.
- You will be involved in determining your plan/goals
- A written summary of your plan/goals will be provided.
- Follow up appointments will be made. These may include a review with the team and individual appointments for therapy/medical review.
- You may find the process tiring.

WHAT TO BRING

- Your Medicare card
- List of current medications
- Any relevant medical/therapy reports or contact details of other specialists/therapists involved in your care
- Your walking aid and/or splints (if applicable)
- A carer or friend if you wish

You are encouraged to come along with a list of questions for us. The below list might help.

You might like information about any of the following. Tick the appropriate boxes or add more questions and bring this form along:

- Community resources – what is available and how to access it; for example, groups, day centres, social activities, camps
- Employment – including vocational training
- Further education – college, TAFE, university programs
- Moving out of home
- Guardianship and other legal issues
- Supports/services available within the home
- Finding a local doctor, dentist, therapist
- Sexuality
- Stress/adjusting to adulthood
- Grief or loss
- Alcohol/other drug use
- Learning to drive
- Future care planning