

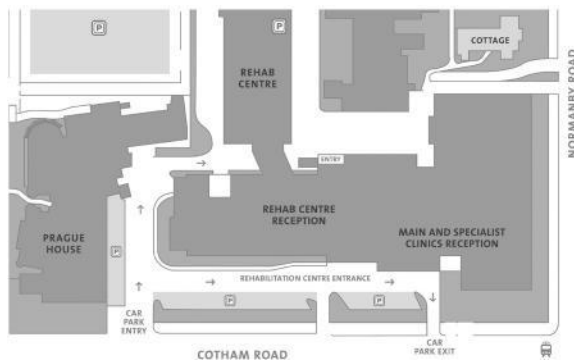
**Where you'll find us**

St Vincent's Melbourne, Fitzroy campus  
Ground Floor, Bolte Wing  
14 Nicholson Street, Fitzroy (near the corner of Victoria Pde)



OR

St George's Health Service  
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) 9288 4672

[Email: YoungAdultComplexDisability@svhm.org.au](mailto:YoungAdultComplexDisability@svhm.org.au)



# Young Adult Complex Disability Service

What to expect at your first appointment

Date:

Time:

Location:

Produced by St Vincent's Young Adult Complex Disability Service

Jan 2012

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 and occupational therapist. 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.
- A written summary of your plan/goals will be provided.
- Subsequent appointments will be made. They 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

If you would like information about any of the following, please tick the appropriate boxes 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