



Keys for Your Independence

Going home

You have completed your hospital rehabilitation and you are about to return to your home and community. There can be mixed feelings and anxiety when leaving hospital – excitement mixed with emotion on how you will manage, how your family, friends and community will greet you – these emotions are very normal.

Throughout our lives the many losses we suffer trigger our emotions. How we deal with our losses varies from person to person. There are many stages of grieving: shock; denial; numbness; permanence of loss awareness; anger; guilt; shame; rage and depression; panic; withdrawal; isolation (to name a few). It is all part of the grieving.

Some people find their family are 'too close' to discuss feelings and/or fears and are overwhelmed so this is where a peer support person with a similar SCI can be of great value. They can understand that what you are feeling is about 'adjustment', regaining your identity, re-organising your life and re-negotiating your relationship within your environment. Searching for answers reflect the inner process of learning and that takes place in everyone even if it is sub-consciously. Some questions may become clearer while others will remain unanswered.

- ParaQuad Tas. can put you in touch with a person with SCI.

Most homes will require some modifications ie bathroom, kitchen, ramps etc. These modifications can be very costly to undertake.

State government have limited funds for major modifications. There is a 'one-off' scheme, called IOP, available through Disability Services. Many people depend on community fundraising for assistance with modifications. People who are in public housing can apply to Housing Department. People in private rental may have to relocate and/or apply for public housing.

Daily routine is part of everyone's life and it is essential that you develop a routine that best suits your needs and this may include: personal support; home help; financial management; appointments; family routing; volunteering your skills; continuing rehabilitation; re-training etc.

There are several service providers of home help, personal care and respite care throughout Tasmania. There is a cost but the cost is negotiable.

Continence and medical supplies can be obtained through ParaQuad Tas. (at very competitive prices) and are delivered to your door, usually within 48 hours. Pharmacies also supply some of the supplies if you prefer this method.

ParaQuad Tas. will advocate on your behalf if you require an advocate to assist you with any problem associated with your SCI.

Access to transport can be difficult but there are accessible taxis available and a Taxi Subsidy Scheme which reduces cost of taxis by 50% if you are eligible.



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If you are able to obtain your driving licence then seek professional advice on what hand controls and wheelchair hoist would suit you. A Disabled Parking Authority card is available from State Government to access designated parking spaces.

Mobility Allowance is a Federal Government Benefit but you must be employed or volunteering for at least eight hours weekly and be able to utilise public transport.

Metro Buses are purchasing wheelchair accessible buses with ten operating in Hobart at present.

Communication has become so much easier in the past few years with computers, emails, mobile phones, handsfree phones etc. being a part of most families living. Computers can be adapted for people who require it ie speech software, adaptive devices and software to operate the computers more easily. There are also environmental controls that operate through a computer that can open doors, turn on lights, video, sound system etc. These items can be very expensive.

There are many issues that ParaQuad has not addressed in the Spinal Cord Injury Kit but the Kit is only a basic introduction to SCI. It is hoped that what we have succeeded in providing you with that.

From those of us who have travelled the 'road' as others just begin that 'road' we feel confident in stating that the journey is worthwhile.

