

Wellbeing means different things to different people, that is why DVA tailors every rehabilitation plan to suit you as an individual.

DVA rehabilitation focuses on all elements of your life which could improve your wellbeing and aims to assist you to adapt to, and recover from, an injury or illness that is related to your ADF service.

Examples of what could be included in your rehabilitation plan

LIFE	MIND	BODY
Financial assistance	Learning to manage your injury or illness	Help with managing your treatment and medical needs
Managing your money	Group Sessions or individual counselling	Ensuring that you can drive safely
Returning to/ staying in work	Anxiety Management	Making sure you can move around your home safely
Retraining	Anger Management	Help with managing household tasks
Education	Family Counselling	Appliances and Aids
Work Experience	Grief/Loss Support	
Lifestyle Programs		
Community Support Services		

Success Stories

For real stories from people who have been through the process check out the success stories link on the Rehabilitation page
www.dva.gov.au/health-and-wellbeing/rehabilitation

Getting our mob on track



Australian Government
 Department of Veterans' Affairs



PREPARE FOR YOUR FUTURE TAKE THE FIRST STEPS

How to contact DVA

133 254* (Metropolitan Callers) **1800 555 254*** (Regional Callers)

Email: GeneralEnquiries@dva.gov.au

For rehabilitation information visit
www.dva.gov.au/health-and-wellbeing/rehabilitation

For mental health information visit
www.at-ease.dva.gov.au

* Calls from mobile phones and pay phones may incur additional charges.



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REHABILITATION



Rehabilitation and You

1 Claiming

As a Serving or Former Member, Reservist or Cadet you can submit your claim for injury/illness caused by your Defence service to a DVA Office or online by clicking on the My Account button on the DVA website.

Submitting your claim is the first step in accessing help, including rehabilitation assistance.

2 Assessing Your Needs

Once your claim has been accepted, a needs assessment will identify if rehabilitation could improve your wellbeing by:

- prioritising your specific medical and other urgent needs
- identifying whether you require general assistance, including household or attendant care services, and aids and appliances to help with your recovery
- identifying whether you require financial support such as incapacity payments.

3 Referral

You may be referred to an approved rehabilitation provider for a more in-depth discussion and assessment.

You will work with your rehabilitation provider to identify your separate medical, vocational and social needs.

You will also identify what your ongoing needs and goals might be.

Your DVA rehabilitation coordinator and rehabilitation provider will work together, with you, to ensure you are given the appropriate services and benefits for your service related condition.

4 Developing the Plan

A tailored plan will be developed to meet your individual needs.

You will work with your rehabilitation provider and health providers to identify:

- your short and long-term goals
- how your goals and recovery can best be achieved through medical, psychological and vocational support
- potential barriers to reaching your rehabilitation goals and ways to manage or overcome them.

5 Bringing the Plan into Action

Your rehabilitation goals are broken down into specific measurable milestones.

These goals are then aligned with activities and timelines so you can see how you are going to achieve each goal and how long it will take.

Management and monitoring of the activities identified in your plan is undertaken.

Regular reviews are conducted to adapt the plan to your progress or any changes in your circumstances.

Plans are flexible and will be adjusted to ensure you achieve positive outcomes, while maintaining your independence.

6 Reaching Your Goals

Reviewing what you have achieved and agreeing that your plan can be closed.

If your circumstances change, or you need further assistance, you can contact DVA and request a new assessment.

Rehabilitation does not stop once a plan is completed—DVA is here to help you achieve your goals in the long-term

FREQUENTLY ASKED QUESTIONS

I am a serving member. Can DVA assist me with rehabilitation?

While you are a full-time member or Reservist, rehabilitation is provided by the ADF. However, rehabilitation through DVA may commence early if you are beginning the discharge process. Once you are discharged, rehabilitation will continue to be provided through DVA.

I was injured when I was in the services but I have been discharged for a few years. Can I still request rehabilitation?

Yes. Once your claim is accepted by DVA, you can request rehabilitation assistance from DVA at any time after leaving the ADF. Even if you are managing your illness or injury well, we may still be able to offer specific assistance that could enhance your recovery.

My friend underwent rehabilitation after an injury and now she is working. Wouldn't she be better off waiting until she is fully recovered before returning to work?

Evidence shows that work is beneficial for both health and wellbeing. Long absences from work can have a negative impact on health and delay recovery. Rehabilitation encourages a gradual return to work at a pace that is right for you.

Can Cadets seek rehabilitation assistance from DVA?

Yes. Cadets and their instructors can receive rehabilitation services from DVA if the condition is determined as related to service. Rehabilitation assistance is available if they sustain an injury or contract an illness due to periods of instruction, training, performing duty and travel to and from the place of an authorised or approved activity.