

# Rehabilitation at the Spinal Injuries Unit

Important information for people before admission to the Spinal Injuries Unit, Princess Alexandra Hospital.



If you have a new spinal cord injury (SCI), you might need to go to the Spinal Injuries Unit (SIU) at the Princess Alexandra Hospital for treatment and specialised SCI rehabilitation. The SIU is part of the Queensland Spinal Cord Injuries Service (QSCIS).

Your healthcare team has recommended that you go to the SIU based on what you need and your personal goals.

The following resources will help you and your family get ready for your stay at the SIU. If you have questions or feel worried by anything in the resources, talk to your healthcare team. They are there to help you and can also contact QSCIS if needed.

Each section of the information includes a QR code. QR codes are black-and-white boxes that hold links or pictures. Many smartphones can scan QR codes using the camera app. If you're using a laptop or computer, you might need a webcam to access the information or you can click on the links provided.

## QSCIS for People with a New Spinal Cord Injury

QSCIS provides specialist support to people aged over 16 years who live in Queensland and northern New South Wales, and have a SCI. QSCIS provides an 'all of life' service. You can find more Information about QSCIS [here](#) or by scanning this QR code.



## Introductory Video to the Spinal Injuries Unit, Princess Alexandra Hospital

This short video shows you what to expect when you come to the SIU. It includes information about:

- Our unit – its location and layout
- Your team – who makes up your rehabilitation team and what are their roles
- Your care – how we work with you to progress your goals and support your return to the community



To view the video click [here](#) or scan this QR code.

## Your SIU Rehabilitation Agreement

The Rehabilitation Agreement explains what is expected from patients during their stay at the SIU. It helps make recovery safe, structured, and supportive for people with spinal cord injuries. The agreement asks patients to actively participate in their rehabilitation program, work together with healthcare staff, and follow hospital rules. Before you come to the SIU, we ask that you read and understand the Rehabilitation Agreement. To find it, click [here](#) or scan this QR code.



## The SIU Patient Information Booklet

This booklet provides practical information to prepare you and your family for admission to the SIU. You can find out more about how we deliver care, your rights and responsibilities, what to expect from your rehabilitation program and the wider hospital facilities. To review the booklet in full, click [here](#) or scan this QR code.



## The QSCIS Backbone

The QSCIS Backbone outlines a set of shared values that help everyone at QSCIS and the people we care for work together. It was created with help from staff, leaders, and people with spinal cord injury. It helps to build a Positive Culture: People work best when they trust and respect each other. We work with five Important values. We are:



- **Collaborative**– Everyone has an important role.
- **Compassionate** – We help and protect each other.
- **Hopeful and optimistic** – We believe in a positive future.
- **Intentional** – We respond calmly instead of reacting too quickly.
- **Respectful** – We treat everyone with dignity and respect.

The QSCIS Backbone is not just words, it's a promise to treat people well. The motto "Stronger Together" reminds everyone that by working as a team, we can make QSCIS a better place for all. To read more about the QSCIS Backbone click [here](#) or scan this QR code.

Good rehabilitation after a spinal cord injury can help you achieve your best and reach your full potential. If you have any questions about this information, please talk to your healthcare team.