

Preparing for Your Appointment

Neurological and disability physiotherapy

Your appointment starts with what matters to you. Use this guide to prepare at your own pace. A family member, carer or support worker can help or attend if you choose.

Think about your everyday goals

Which activities would you like to make easier or maintain? Examples include moving around home, getting out of a chair, managing fatigue or taking part in a community activity. Assistance and equipment can support your choices.

One activity that matters to me

Bring what is relevant

- Medical or therapy reports and a current medication list.
- Your usual mobility aids, where practical.
- Notes about recent changes, falls, pain or fatigue.
- Information about current exercises, equipment and support.

Tell us about adjustments before you arrive

Contact the clinic about access, transfer assistance, communication needs, sensory preferences or rest breaks. Let us know what helps you understand information and participate. We can discuss whether the setting and available support suit your needs.

What the assessment may involve

We discuss your goals and health history, then assess relevant movements or tasks. This might include strength, balance, walking, wheelchair mobility or transfers. You can ask questions, request a break or decline an activity. We agree a plan with you and review it as needs change.

Questions you may want to ask

What are we working towards? What can I practise safely between visits? How will we review progress? Would another professional's input help? With your consent, we can coordinate with your treating team and chosen support people.

Do not wait for a routine appointment if you develop sudden new symptoms. Call 000 for possible stroke symptoms such as facial drooping, arm weakness or difficulty speaking, even if they resolve.

Strides Health Group

426 Princes Hwy, Narre Warren VIC 3805
0411 876 851 | admin@strideshealth.com.au

Prepared by Daniel Smit, Physiotherapist. September 2026.

General information only; individual assessment and medical advice may be needed.

Further reading: WHO rehabilitation; NICE neurological rehabilitation guideline (2025); Stroke Foundation signs of stroke.