

# Rehabilitation when travel is difficult

Discuss access barriers before abandoning follow-up.

Access, communication and support

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Questions for an individual conversation with your care team.

Discuss access barriers before abandoning follow-up. These questions can help you ask for an individual plan. Answers depend on your situation and the people responsible for your care.

## Questions to take to my team

☐ Are remote rehabilitation, home visits or transport support available?

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☐ If I cannot use an app, can I have a telephone or paper-based option?

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For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.