



DVA rehabilitation: social wellbeing activities



As part of a DVA rehabilitation plan, DVA can link you with a rehabilitation consultant in your community to assist with accessing activities to help you achieve your goals, whether related to your work or social wellbeing.

What is a social wellbeing activity?

Social wellbeing activities (you may also hear these referred to as 'psychosocial activities') help you to achieve your rehabilitation goals through assisting you to develop and improve your life skills and social connections.

What social wellbeing activities are supported by my DVA rehabilitation plan?

Activities should be:

- addressing a barrier that is preventing you from completing your rehabilitation goal (e.g. your goal is to develop social connections in your local community, but you do not know where to start. Being assisted to join a sporting club may help you find likeminded people to socially connect with)
- short term (e.g. up to 3 months for a membership to a sporting or social club)
- in your local community so you can continue to participate after you finish your rehabilitation plan or at least engage with those you met during the delivery of the activity
- the most cost-effective option available and, if relevant, something you can afford to keep doing after you finish your rehabilitation plan.

Social wellbeing activities

Your rehabilitation consultant will help you identify what activities in your community may help you reach your rehabilitation goals.

Eligible activities can be:

Leisure, lifestyle and sporting activities, programs and courses

Yoga, tai-chi, karate, water sports, gym, golf, pilates, dancing, 'learn to' classes, animal assisted learning activities, music lessons, arts and crafts courses, etc.

Community groups, clubs and associations memberships/engagement

Special interest clubs (e.g. reading, cooking, sewing, hiking), skill enhancement clubs (e.g. toastmasters, language clubs), sporting clubs (e.g. netball, AFL, soccer, running), volunteer work, etc.

Self-management support

Resilience training, mindfulness courses, social skills training, etc

Life skills/management support

Financial counselling, support group participation, parenting skills workshops, understanding pet care, understanding food, understanding how to pay bills, etc.

Short education courses

Certificate or diploma courses

Peer-to-peer support programs

Programs run by ex-service organisations

Activities cannot:

be for medical treatment, equipment, travel, meal and accommodation expenses, courses already offered through Open Arms, or a course previously paid for as part of a rehabilitation plan

pose a risk to your safety

include anything that supports violence, hatred or discrimination.



What social wellbeing activities have others done?



Jack

"There was a period for me where my injury got me into a state where I didn't want to do anything or go anywhere.

Being supported to get back out into the community and undertake a short PT course has resulted in me now working in an industry I am passionate about."



Marnie

Marnie recently completed a pottery course as part of her rehabilitation goal of getting out into the local community.

"I'm loving the pottery. I'm not too much of a pottery master – it's a lot harder than it looks especially with the feeling in my pinkies gone; it makes it interesting for hand eye coordination. But I am really enjoying it so far, less anxiety about going back each week, too, because the group is really lovely."



Peter

Peter reported a lack of social confidence and impaired learning ability due to his mental health heightening his anxiety when considering stepping out into the community. Through the rehabilitation program he was supported to meet with a local Woodcrafters club weekly.

"[Through the support I have received] I now have decreased social anxiety and enjoy meeting people in the community".



Avni

Avni was supported to undertake guitar lessons as part of her rehabilitation goal of further developing her skills in an activity of interest to her with the aim to eventually teach in the local community.

"I am now delivering lessons to other groups of veterans once per week and am looking at ways to expand this as demand grows."

How much can be accessed?

When you start rehabilitation, up to \$2,000 is available to fund social wellbeing activities to support you to achieve the agreed goals in your DVA rehabilitation plan. If your consultant identifies further assistance may be needed to address a barrier preventing you from completing your rehabilitation goal, they will discuss this with DVA.

Eligibility

To be assessed for rehabilitation, you must have an accepted claim for compensation under the MRCA or the DRCA and an impairment as a result of an accepted service injury or disease.

How do I access support?

If you are already on a DVA rehabilitation plan, your consultant will work with you to identify suitable activities.

If you are not on a DVA rehabilitation plan you can send an email to rehabilitation@dva.gov.au requesting further information or call **1800 VETERAN (1800 838 372)** and ask to speak with the rehabilitation team.

For more information about social wellbeing activities and DVA rehabilitation please visit the DVA website www.dva.gov.au/get-support/health-support/work-and-social-life-programs/dva-rehabilitation.

