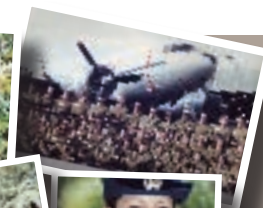




## THE AUSTRALIAN DEFENCE FORCE REHABILITATION PROGRAM

# ARE YOU INJURED OR ILL?



### Contacts

Your first points of contact should be:

**your immediate supervisor or Commanding Officer;**

**your local ADF Health facility staff.**

Additional information can be found in the  
Directorate of ADF Rehabilitation Services Defweb site,  
or by emailing ADF Rehabilitation Services at

**[ADFRehab@drn.mil.au](mailto:ADFRehab@drn.mil.au)**

DPS: JUL052/06



## THE ADF REHABILITATION PROGRAM

Reference: Defence Instruction (General) Personnel 16-22.

Is an improved system of rehabilitation aimed to assist members by providing a personal case manager and structured support to recover from injury or illness.

The **ADFRP** will assist you by:

- reducing the impact of your injury or illness through early clinical intervention;
- reducing psychological effects of your work-related injury;
- returning you to suitable work at the earliest possible time; and
- providing a professionally managed rehabilitation plan tailored to your individual needs.

The **ADFRP** will aim to restore your readiness state and return you:

- preferably, to the same Defence job; or
- to a different Defence job.

If necessary, the **ADFRP** will assist your transition to civilian life.

You are eligible for assistance under the **ADFRP** if you are a permanent member or a Reservist on continuous full-time service (CFTS), regardless of duty status.

If on Reserve duty, other than CFTS, you may be eligible for **ADFRP** assistance. For more details, enquire through your chain of command or Rehabilitation Coordinator.

An assessment for the purposes of the **ADFRP** will occur at the earliest possible time. A Rehabilitation Assessment is triggered when:

- recommended by the treating medical officer;
- requested by the member;
- requested by the member's supervisor or Commanding Officer;
- the member is placed on medical restrictions or absence due to illness or convalescence, for a period greater than 28 days; or
- identified by the Military Rehabilitation and Compensation Commission.

A Rehabilitation Plan will commence with a rehabilitation assessment and will set goals based on the findings of the assessment.

All stages of the Rehabilitation Plan will involve:

- the member;
- the member's supervisor and Commanding Officer;
- local Defence Health facility staff;
- a program case manager contracted by Defence; and
- a local Rehabilitation Coordinator.

The following may also become involved:

- external health specialists; and
- the Department of Veterans' Affairs.

**Your immediate responsibility is to report, at the earliest opportunity, any injury or illness which may affect your capacity to perform your military duties. This is necessary to ensure you are properly assessed and assisted.**