

The background of the page is a photograph of a group of military personnel in camouflage uniforms and berets, seen from behind, looking towards a large Union Jack flag. The title 'Armed Forces Community Rehabilitation Pack' is centered in a white rounded rectangle with a blue border.

Armed Forces Community Rehabilitation Pack

Intro

This pack has been designed to help you get the most out of your rehabilitation and better manage your overall health.

The NHS App has been shown to be useful to help you coordinate your care by storing all your GP letters and scan results in one place, you may need to notify your GP to make sure all information is correctly uploaded.

Our values-based goal setting worksheet will help you and your therapist to guide your rehab goals in the right direction.

You will also find contact information for a few useful services that are set up to support military veterans and their immediate family members with anything from social, financial & medical support to community events and sports.

Veteran resources

NHS App guide	2
Values based SMART goals sheet	3
Supporting services	5
NHS	5
Op COURAGE	5
Third sector	6
Help for heroes	6
DMWS	6

NHS App guide

NHS App user guide created by Kingston Hospital can be found at [here](#) :

<https://kingstonhospital.nhs.uk/wp-content/uploads/2021/07/NHS-App-Guide-2021.pdf>



Welcome to the NHS APP User Guide

Values based SMART goals sheet

Values based goal setting

This goal setting worksheet is designed to help you get the most out of your rehabilitation. Firstly, identifying your values will help establish more meaningful goals. Then structuring them to be Specific, Manageable, Achievable, Realistic and Timed (SMART) will guide you in creating a rehab plan that is tailored to you.

Part 1 – Ask yourself the following questions and write down your answers. You can be as brief or in depth as you like

- What are your problems?

- Do you know what you need to do to overcome them?

- What's important to you? Set your priorities (guide below)

- Consider a goal or goals to work towards.

- Barriers to change?

Priorities to consider

Self-care	Productivity	leisure
<ul style="list-style-type: none">• Personal Care (dressing, bathing, feeding, hygiene)• Functional Mobility (moving round the house, getting out)• Community Management (transport, shopping)	<ul style="list-style-type: none">• Paid/Unpaid Work (finding/keeping a job, volunteering)• Household Management (cleaning, laundry, cooking)• Play/School (play skills, homework)	<ul style="list-style-type: none">• Quiet Recreation (hobbies, crafts, reading)• Active Recreation (sports, outings, travel)• Socialization (visiting, phone calls, clubs or groups)

Part 2 – Using your goals from above. Answer the questions below to turn them into SMART goals.

Your therapist can discuss these goals with you and advise which are suitable for your rehab and any changes that may need to be made

SMART goal setting sheet	
Initial goal	Write your goal here
S Specific	Define your goal; Who, What, When, Where?
M Measurable	How will your goal be measured? reps, steps, distance, weight, activity?
A Achievable	Can you achieve your goal given your available time, skills, financial status etc.?
R realistic	Is your goal realistic?
T Timed	what is the time frame? set a start and end date.
	Start date: _____ Finish date: _____
SMART goal	Write your SMART goal here

Supporting services

NHS

Op RESTORE



Op RESTORE provide MDT assessment for veterans who have a physical health problem resulting from their time in service. If you feel this may be suitable for you, please speak to your GP about a referral.

Op COURAGE



Op COURAGE is the mental health service for veterans. They can be contacted directly by yourself or a friend/family member or discuss with your healthcare professional for more advice.

[Click here to find contact details for your region](#)

The service offers a range of treatment, which includes:

- Working with Defence Medical Services to make sure you get mental health care and support as you transition from the military to civilian life
- Recognising the early signs of mental health problems and providing care and treatment for this
- Therapeutic treatment for more advanced mental health conditions and psychological trauma
- Intensive emergency care and treatment if you're in a crisis
- Helping you to access other NHS services if needed, such as psychological therapies (IAPT) services and eating disorder services
- Working with charities and local organisations to support you with your wider health and wellbeing needs, such as housing, relationships, finances, employment, drug and alcohol misuse and social support.

Third sector

Help for heroes

Help for Heroes provides physical, financial and social support to promote health and wellbeing of veterans.

You can contact the charity directly on their website - [this webpage](#).

They also run '[My recovery college](#)' courses on various topics designed to help people better manage their physical and mental health.

DMWS

Defence Medical Welfare Service (DMWS) is an independent charity providing medical welfare to those who have, and continue to, operate on the frontline. They place trained professional welfare officers in locations throughout the UK to deliver much-needed additional support for those who are on the clinical pathway.

Telephone: 0800 999 3697

Email: referrals@dmws.org.uk