



DAILY ACTIVITY JOURNAL

synapse.org.au



IMPORTANT CONTACTS

It's handy to have all the contact information together in one place. Write down the names and contact details of your rehabilitation team and other advocates here.

Synapse Contact

Name:

Phone: **1800 673 074**

Email: **info@synapse.org.au**

Website: **synapse.org.au**

Centrelink

Centrelink phone contacts - www.servicesaustralia.gov.au/individuals/contact-us

Centrelink Indigenous Call Centre - 1800 136 380 (Monday-Friday 8am-5pm)

Carers - 132 717 (Monday-Friday 8am-5pm)

NDIS

Phone: **1800 800 110** (Monday-Friday 8am to 8pm)

www.ndis.gov.au/contact to search online by postcode for your Local Area Coordinator

My Aged Care (for those aged over 65, or for Aboriginal and/or Torres Strait Islander people aged over 50) - 1800 200 422 (Monday-Friday 8am-8pm, Saturday 10am-2pm)

Name:

Email:

GP

Name:

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Address:

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Social Worker

Name:

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Email:

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Specialist

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APPOINTMENTS SCHEDULE

Use this form to record your appointment dates and times, and any questions or information you might have.

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Questions or information

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DAILY ACTIVITY JOURNAL

It can be useful to keep a diary for recording medical, social and behavioural changes. This information may be relevant in the event of a compensation claim or to apply for funding if you need to demonstrate the emotional and physical impact of the injury, or to gauge and later celebrate the progress which has been made over time.

DAILY ACTIVITY JOURNAL

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SYNAPSE

AUSTRALIA'S BRAIN INJURY ORGANISATION

FOLLOW US



Freecall: 1800 673 074

Email: info@synapse.org.au

synapse.org.au

