

**The Hopkins Centre**  
Research for Rehabilitation and Resilience

# TRaCE

Trajectories of Rehabilitation across Complex Environments

"Improving integration of rehabilitation into the health sector and strengthening intersectoral links to effectively and efficiently meet population needs" - a key action from the World Health Organisation Rehabilitation 2030 A Call for Action

## why is TRaCE needed?

We know that timely access to a broad mix of services and supports are needed for people with acquired disability to live well. For the first time trajectories and outcomes from inpatient rehabilitation into the community and for the first 12 months post-discharge is being tracked. This research will provide vital evidence as to where services are currently available and where more are needed and help to achieve better outcomes for people with spinal cord and brain injury and their families

## what is TRaCE?

TRaCE is a longitudinal study of 165 people that links personal, social and spatial determinants of service use with longitudinal psycho-social well-being data. It includes 6 and 12 month follow up of individuals who have discharged from the Brain Injury and Spinal Injury Units at the Princess Alexandra Hospital (PAH). Through this integrated tracking study, we are mapping the pathways and identifying gaps in the service system. With detailed information about the service system and how people use services, we can begin to improve the way we provide rehabilitation and disability support in the community.

## how will TRaCE improve lives?

**Ensure** evidence underpins rehabilitation service delivery and practice

**Stimulate** novel and multidisciplinary approaches to data and its use.

**Provide** support for existing data to be used in service delivery decisions

**Support** service users to use information to assists with service choices



**TRaCE**  
spinal and brain injury:  
rehabilitation trajectories  
and outcomes

T: +617 338 21295 E: [hopkinscentre@griffith.edu.au](mailto:hopkinscentre@griffith.edu.au)  
W: [www.hopkinscentre.edu.au](http://www.hopkinscentre.edu.au)

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Metro South Health



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**Bold ideas.  
Better solutions.**