

Hospital Discharge Pack

Hospital to Home.

Where to start and
what's available for
me post brain injury?



Brain Injury SA.

Guide Dogs.



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2.

Why am I receiving this information?



This information pack has been given to you as you are now being discharged from hospital with an acquired brain injury. This pack contains some information on:

- Understanding what is a brain injury.
- Challenges that may happen as a result of a brain injury.
- Key support connectors in the community and a checklist to guide next steps to consider.
- Support programs and groups available, and when and how to refer when support might be required.



4.

What is an acquired brain injury?



The term acquired brain injury (ABI) refers to any damage to the brain occurring after birth.

- Traumatic brain injury (TBI) is a type of ABI and occurs when the brain is damaged due to the application of force, as is the case with road traumas, falls, assaults, and sporting injuries.
- Other causes of ABI include stroke, hypoxic injuries where the brain is deprived of oxygen (such as from near drowning incidents and cardiac arrest), brain tumours, encephalitis, meningitis, drug and alcohol misuse.
- Degenerative neurological conditions, such as Parkinson's and Alzheimer's disease, are also now considered a form of ABI.

Brain Injury is a common condition, with approximately one in every 40 Australians living with an ABI.



6.

Challenges that may happen as a result of a brain injury.



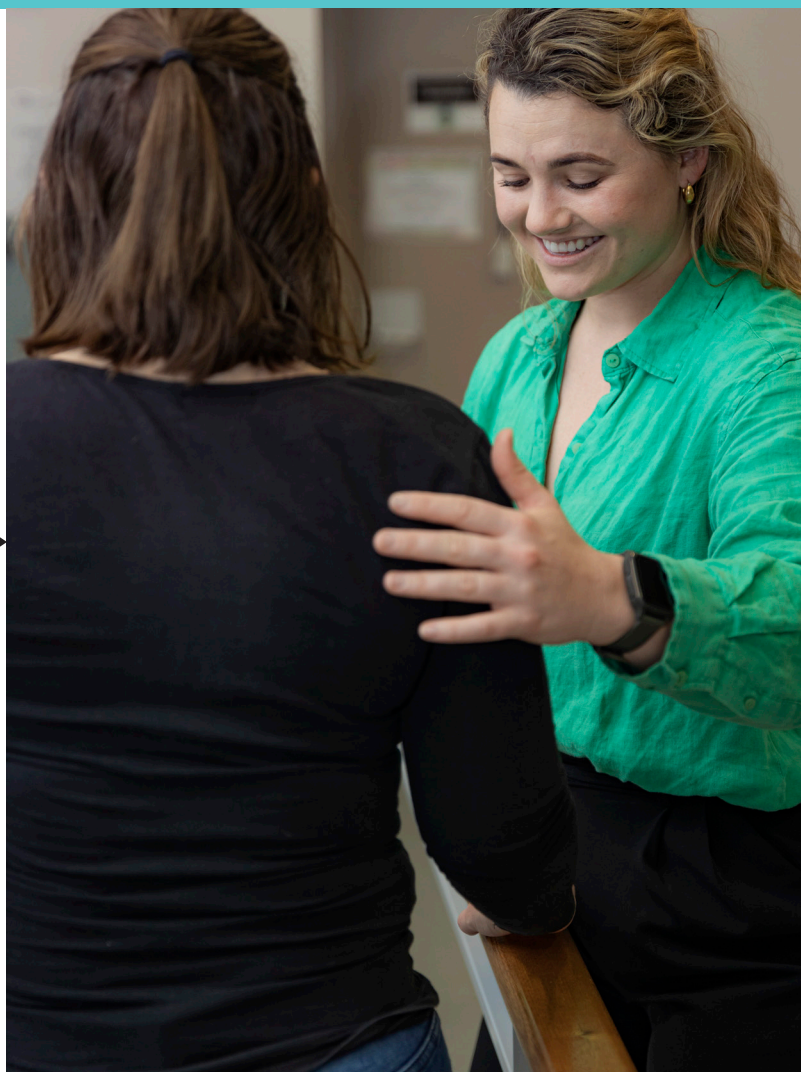
Because of the complexity of the brain, no two brain injuries are the same. In many cases, the injury is invisible to an observer, and for these people their “normal” appearance hides the many significant challenges they are experiencing. A brain injury can create a whole host of new changes and challenges for a person, and has the potential to affect every aspect of their life. A brain injury also typically affects a person’s family and support network in significant ways, as they work to support the person who has sustained the injury and adjust to the disruptions in their life.

As every neurological event and vision condition is different, support services are tailored to suit your personal needs and support you to achieve your specific goals.



8.

The common challenges I may experience after a brain injury.



Fatigue

- When part of the brain is damaged it can take more effort and time to complete a daily task, leading to cognitive, physical and/or mental fatigue.

Difficulties with communication

- You may notice changes in your ability to be understood by others and/or your ability to follow and understand what others are saying. You may also notice changes in your ability to read and write.

Changes to your cognition

- You may notice difficulties with your memory, ability to make decisions, follow instructions and plan and organise things.


Physical challenges

- Depending on the cause of your brain injury you may experience a range of physical challenges including difficulties with balance, loss of strength, range of movement or loss of function of limbs.
- Pain and sensation.
- Visual challenges including vision loss.

Changes to your emotional and mental health, including social isolation

- Many people find it much harder to regulate their emotions and experience challenges with adjusting to life after an injury and the changes that this brings.

One or more of these challenges may impact on other areas of your life, including quality of sleep, changes in your work, changes in your relationships with family and friends, and changes in navigating your environment with confidence.



I've just been discharged from hospital, what are the next steps for me?



Where do I go/what do I do now?

I have funding but I don't know where to start:

Depending on the extent of your injury and the challenges you face, you may have been supported by the hospital staff to apply for an appropriate source of funding to get the help and support that you need in the community.

This may be through the NDIS, LSA or third-party insurance (for injuries caused by motor vehicle accidents or in the workplace) or an aged care package. Your hospital team will be able to confirm if this is the case.

If you have a source of funding and need help choosing a provider for your needs, you can:

- Discuss with a Local Area Co-Ordinator (LAC) (NDIS) or your case manager/planner.
- Use the Disability Support Guide to identify services that may suit you.
- Attend a local disability expo/event to meet local providers.

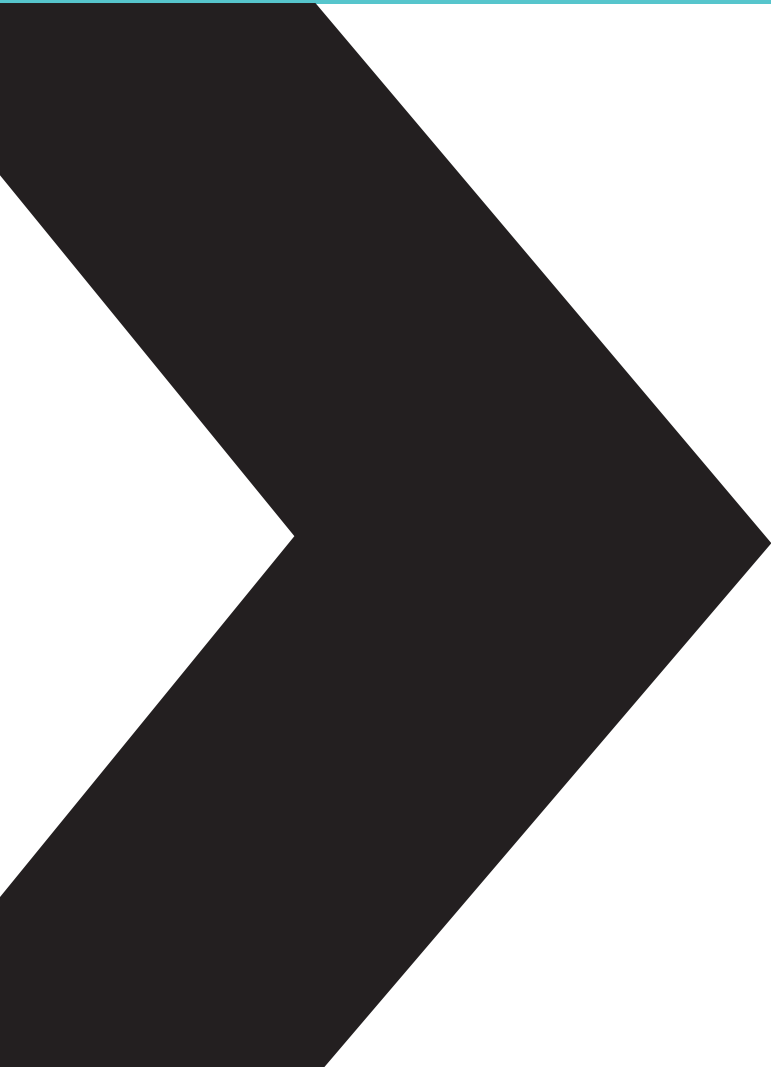
I don't have funding, what do I do next:

Sometimes people need additional time to know the extent of their injuries and ongoing challenges before they are eligible to apply for funding support.


If you return home and you find that you are unable to manage or need more support in your daily life you can:

- Go to your GP for a referral for an appropriate service.
- Talk to your specialist (if you have one).
- Make contact with a Local Area Co-Ordinator to learn about the NDIS (under 65).
- Visit the My aged care website **www.myagedcare.gov.au** or call 1800 200 422 to check your eligibility for an assessment.
- Contact Brain Injury SA for support on where to go for help on **8217 7600**.
- Contact Guide Dogs SA/NT for help answering questions relating to vision **1800 757 738**.

Advocacy.



Advocacy services are also available in South Australia which can offer you support and advice. If you choose to engage an advocate through any of these services, Guide Dogs SA/NT & Brain Injury SA can assist you with making contact.

- Disability Rights Advocacy Service
08 8351 9500
 - Advocacy for Disability Access & Inclusion Inc
08 8340 4450
 - Aged Rights Advocacy Service (SA)
08 8232 5377
 - Citizen Advocacy SA Inc
08 8410 6644
 - Disability Advocacy & Complaints Services SA
08 7122 6030
 - Brain Injury SA Advocacy
08 8217 7600
- 

Vision Service supports with Guide Dogs SA/NT.

Regardless of your age, if you have suffered a neurological event that has affected your vision, Guide Dogs have services to help you achieve your goals, big and small.



Adult Mobility

Develop skills to get around your home and community safely and with confidence.

Guide Dog Mobility

Partner with a Guide Dog and participate in Guide Dog Mobility training to become more confident moving through life.

Children's and Teen Services

Whatever milestones your child or teen wants to achieve so they can feel happy and confident.

Low Vision Services

Receive specialist assessments, support and advice to ensure your lifestyle and environment are optimised to suit your level of vision.

Occupational Therapy

Work with Occupational Therapists to identify personal goals and learn practical skills to achieve them. These can include cooking, caring for your family, living independently, and managing your own financial transactions.

Neurological Vision Service

If you've experienced a change in vision through accident or injury to the brain, explore new skills for new life circumstances with our Neurological Vision Service. Maximise your remaining vision, learn to move through different environments and communicate with people in the community.

Assistive Technology

Access Assistive Technology training to make life easier, including smartphones or specific aids like GPS devices to improve your confidence with the technology that suits your needs.

Leisure & Lifestyle Services

Connect with others, make new friends, access peer support groups and socialise with the community through Leisure & Lifestyle Services.

Human Guide Training

Training packages to assist in improving accessibility in the community and workplaces for your family, friends and co-workers.

To find out more information about Guide Dogs SA/NT and refer please contact us:

sant.guidedogs.com.au

1800 757 738

support@guidedogs.org.au

Getting support through Guide Dogs SA/NT.



Every neurological event and vision condition is different. Guide Dogs services are tailored to suit your personal needs, lifestyle and support you to achieve your specific goals.

Step 1

Assessment to understand your vision level and its particularities.

Step 2

Discuss your goals and work towards them together. If you already have an existing rehabilitation team, we can work with them to best support you.

Step 3

As your needs change over time, our team of vision specialists draw on their qualifications and expertise as Occupational Therapists (OTs) and Orientation & Mobility Instructors (OMIs) to ensure we are able to best support you in the home and out in the community.

What funding is available?

You may be eligible or already receiving funding from a range of sources including, but not limited to:

- NDIS (Guide Dogs SA/NT is a registered NDIS provider).
- My Aged Care.
- Children and Students with Disability (Department for Education).
- Department of Veterans Affairs.

Support for some of our services is also available through agreements with other support agencies, or our own charitable endeavours.

For more information about funding support, contact our Client Support Team:

1800 757 738

ClientSupport@guidedogs.org.au

Getting support through Brain Injury SA (BISA).



Brain Injury SA is both a Peak Body and a Service Provider working to address the needs of people living with Acquired Brain Injury (ABI).

As an allied health service provider we work to:

- Empower people to determine and work towards their goals.
- Provide tailored and accessible therapy services to maximise quality of life.
- Assist in addressing barriers and issues arising from living with disabilities.
- Support families and carers.

If your service needs are clear, we will make arrangements to get them started as soon as possible.

If you are not sure what your service needs are or they involve a number of services, your initial appointment will be with a Senior Therapist who will help you identify your goals and what you want from your services. This may be face to face or by phone.

Who is eligible for services?

Services are available for anyone over the age of 16 that has an acquired brain injury, resulting from any cause.

What funding is available?

You may be eligible or already receiving funding from a range of sources including, but not limited to:

- NDIS.
- LSA.
- RTWSA.
- Third Party Insurance.
- Private Health Insurance.

If you have no current funding, we may be able to support you in our free student clinic, BISA Connect. Please let us know at time of referral if you have no current source of funding.

Getting support through Brain Injury SA (BISA).

Continued



There are a range of services available through Brain Injury SA that include:

- Occupational Therapy.
- Psychology/Counselling.
- Speech Pathology.
- Physiotherapy.
- Positive Behaviour Support.
- Allied Health Assistants.
- Dietetics.

Therapy may also be delivered in your home or online, making our services tailored to where you are and your needs.

To get started, visit the BISA website and complete the online referral form which is located on the top right-hand corner of the website. Alternatively, you are welcome to contact our administration team who will be able to take your referral details over the phone. Please provide as much information as possible in your referral so that we can get you booked in with the most appropriate team as soon as possible.

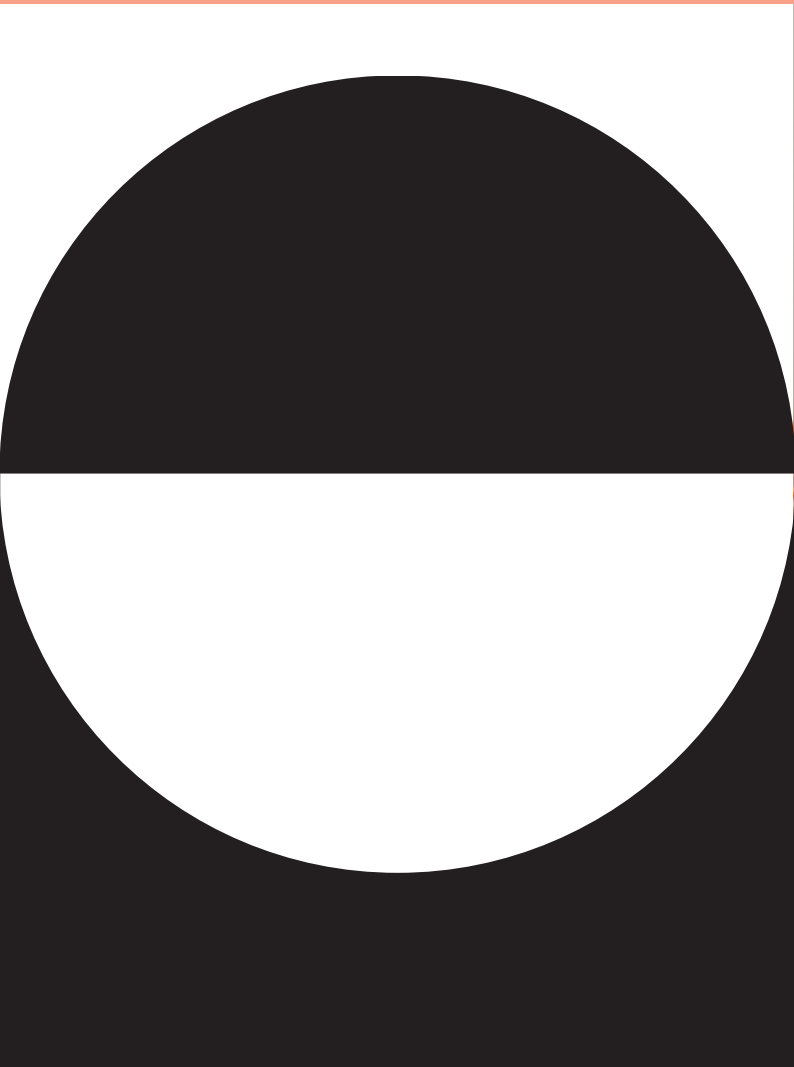
Administration Team:

08 8217 7600

info@braininjurysa.org.au



Free support groups and services.



Brain Injury Support and Education (BISE) Group *supported by LSA*

Held on the first Wednesday of every month, sessions go for two-hours and a different topic is covered each time. The BISE Group has a relaxed atmosphere and is a fantastic opportunity for meeting people and forming new connections. Participants also benefit from the learning and sharing of practical tips for managing challenges associated with acquired brain injury and improving wellbeing.



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RTP *supported by LSA*

The Reconnect Transition Program (RTP) helps people adjust to life with a traumatic brain injury (TBI) and is facilitated by a psychologist who specialises in supporting people living with brain injury. RTP also draws on the experience of peer mentors, who offer insights from their own journeys of recovery.



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Peer Support Program *supported by LSA*

Reconnect with yourself and the world. Find support, community, and inspiration from someone who has been there. The Peer Support Program pairs you with a Peer Mentor who has lived experience navigating life with a brain injury, offering valuable connection, understanding and a sense of hope for the future.



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Be Well for Carers *supported by LSA*

The impact of brain injury extends beyond the injured person to their families and those that support and care for them. Be Well Plan helps you better understand your own mental health and introduces you to tools and activities that are scientifically proven to improve your mental wellbeing.



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BISA Connect

BISA Connect is a time-limited block of therapy to adults with an ABI who are without a source of funding or experiencing a funding shortfall for particular supports. This clinic will be led by an interdisciplinary team of allied health students which will run across a 5-week period, supporting clients with their short-term goals, and undertaking suitable goal orientated assessments that may also be used to support in accessing and connecting with future funding options.



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Free support groups and services.

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Guide Dogs SA/NT Leisure & Lifestyle Services

Our Leisure & Lifestyle Services offer an opportunity to develop new skills and build your confidence in a supportive social environment. Group activities are designed to suit every person – regardless of your goals, age or level of vision loss – with elements tailored to suit your individual needs.



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Guide Dogs SA/NT Empowered Living Program

This is a new skill development and education program designed for people who have experienced recent vision loss or blindness. Free, this program is organised multiple times a year, each one running over the course of a month. Through a series of intensive group sessions, discover useful tricks, techniques to maintain your independence at home and the community and engage with your peers. Sessions include online and face-to-face options. Gain confidence from the comfort of your home, and then test your new skills and knowledge in the community with Guide Dogs staff by your side.

Guide Dogs SA/NT Social Happy Hour

Open to anyone experiencing vision loss, as well as family and friends, the sessions are a great way to catch up for a chat and meet new people. Held fortnightly on Fridays via Microsoft Teams, sessions run for 45 – 60 minutes and are facilitated by a Guide Dogs staff member. The Social Happy Hour sessions have a different theme each month. Sessions are both fun and educational.

Guide Dogs SA/NT School Holiday Sessions: 9 -18 years old SA & NT

The sessions offer young people a unique opportunity for social inclusion and community connection to others their age with similar life experiences. Run during the school holidays, students aged between 12 - 18 from across SA and the NT are invited to participate. Our specialist team works with students to identify their goals and practice independent living skills through occupational therapy, orientation and mobility training that is incorporated to fun activities like adventure courses, visiting tourist attractions and different forms of transport.


Guide Dogs SA/NT Insight Carers Support Group

Guide Dogs SA/NT has a long commitment of supporting and working with carers who are caring for a person/family members with vision loss or blindness. We recognise that carers often appreciate having access to information and peer support with their caring role.

Other community services.



There are a number of organisations in SA that can provide you with information, resources and services that you may find helpful. You can find them by typing the organisation name in your preferred internet search engine.

- Carers SA.
 - Siblings SA.
 - FND Australia.
 - Support FND – FND Aus.
 - FND Hope International.
 - Functional Neurological Disorder Society.
 - Synapse Website.
 - Brain Injury Australia Website.
 - Guide Dogs SA/NT Website.
 - Stroke SA.
 - Concussion Legacy Foundation.
 - Blind Citizens Australia.
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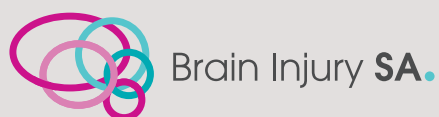
Contact details.



This pack is a guide to some of the supports that are available post ABI.

This resource pack was put together by Brain Injury SA and Guide Dogs SA/NT.

You are welcome to contact either organisation for support in the next steps in your recovery journey.



8217 7600

braininjurysa.org.au

[info@ braininjurysa.org.au](mailto:info@braininjurysa.org.au)

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