

Contact Details

Southern Area Brain Injury Service

Transitional Living Unit

PO Box 274, Goulburn NSW 2580

86 Bradley St, Goulburn NSW 2580

Ph: (02) 4825 4881 Fax: (02) 4825 4921

Email: SNSWLHDSABIS@health.nsw.gov.au

Website:

<https://www.snswhd.health.nsw.gov.au/our-services/rehabilitation-services/southern-area-brain-injury-service-sabis>



Health
Southern NSW
Local Health District

SOUTHERN AREA BRAIN INJURY SERVICE



Assisting people with a
Brain Injury to achieve

94 Bradley Street Goulburn 2580

Phone (02) 4825 4911

Fax (02) 4825 4921

Email: SNSWLHD-SABIS@health.nsw.gov.au

What is a Brain Injury?

Brain injury can result from trauma to the head or from illness. Common causes include motor vehicle accidents, falls, assaults and sporting injuries. Brain injury can also be the result of infection, disease, haemorrhage or lack of oxygen.

Effects of Brain Injury

Physical difficulties vary, but common cognitive issues can include:-

- forgetfulness
- difficulty concentrating
 - poor motivation
- lack of insight
- difficulty with planning / organising
- difficulty initiating activities
- impulsivity
- mood swings
- difficulty learning new information
- personality changes
- Other physical issues, such as fatigue.
- irritability, short temper

SERVICE AREA



We often will meet with you, your family and others at home, school, work, or even at the shops.

Key towns in our area where clients live include:

- Goulburn
- Queanbeyan
- Batemans Bay
- Moruya
- Bega
- Pambula
- Cooma
- Yass
- Braidwood
- Crookwell

The Brain Injury Service

Our Service provides assistance to adults of working age, who have sustained a **traumatic brain injury** and their families. This involves assessment, rehabilitation and co-ordination of rehabilitation goals in the Transitional Living Unit (TLU) and in the community on return home.

For adults who have acquired brain injury (other than traumatic) assessment and recommendations are offered in the TLU and for young adults (16- 34 years) therapy can also be provided.

We provide consultancy, education and co-ordination of rehabilitation services for school aged children who have sustained a recent acquired brain injury.

This service is available to people living in, or returning to, the NSW Southern Area Health region.

Our service is also available to provide consultancy to other professionals and groups

Part of the NSW Brain Injury Rehabilitation Program

Services available

The service consists of a wide range of health professionals who can meet with individuals and their families to discuss their needs & develop an individualised rehabilitation plan.

A Rehabilitation Co-ordinator will be appointed to assist in the coordination of this plan.

According to the needs of individuals, families and carers, staff can provide:

- coordination and referral to other community services
- information, education and training
- individual support and counselling
- independent living skills training
- memory skills training
- advice for return to work
- support and consultancy for return to school
- advice regarding home modifications
- advocacy
- access to support groups
- support and education for carers
- Liaison with insurance companies, solicitors, doctors & other agencies

Referrals

To refer to our service please complete and return our referral form, which can be provided on request.

After a team review a decision will be made about the suitability of the referral and the referrer will be informed

Referrals can be made by individuals, families, carers, medical practitioners or other service providers.

Confidentiality

All information will be treated as confidential.

Consent will be sought for release of information when liaising with other services involved in a client's care.

Southern Area Brain Injury Service (SABIS)

Cost

Services provided are free.

Expenses will be charged to insurance companies for those who are compensable.

Hours of Service

Hours of service are:

Monday to Friday

8.30 am - 5.00 pm

Please note the Brain Injury Service is not a crisis service

We are based at Goulburn NSW.

You will have:

1. A dedicated co-ordinator (Case Manager)
2. The support of a team specially trained in brain injuries.
3. An assessment of your abilities and needs.
4. A therapy program that matches your needs. This will prepare you to return to home, work and study.
5. Access to clinics where you can practice and gain confidence in skills needed for daily living
6. Visits to school and home.
7. Links with local support agencies.
8. Help to develop appropriate community based programs.
9. Education on traumatic brain injury and its effects.
10. Education on how to prevent brain injury.

The NSW Brain Injury Rehabilitation Program (BIRP) is:

- . Person focused
- . About team work
- . Goal directed
- . Innovative and flexible

Case Management in South Eastern NSW

When a person has a severe brain injury from a motor vehicle accident or work injury it can change how you do everyday tasks, think and behave.

SABIS case management and rehabilitation helps in your recovery and assists you to understand and plan how to reach your goals.

Everyone is different so you will be at the centre of decision making and planning. Your family and friends will be part of your team.

The SABIS case manager will work with you to involve therapists and services that you and your family may need when leaving hospital and as you decide what is important for you to work on and achieve.

Our team is specially trained to support people with brain injuries. We work with children (aged 5-16) and adults (aged 16-65) that live in South Eastern NSW.

We have been approved by the Lifetime Care and Support authority. We can also link you up with many other service providers in the area. There are strong links between city, suburban and country units. This makes sure your care continues, regardless of where you live.

We are a part of the NSW Agency for Clinical Innovation network to ensure that you receive the right health care at the right time and in the right place.

By working with SABIS, you will have access to all of the knowledge and support available.

Early referral of potential clients is recommended.

We are proud to provide best practice in the area of brain injury

A SABIS Case Manager:

- Has links, contacts and an understanding of our local area.
- Is supported by a team specially trained in brain injuries.
- Can be contacted 5 days a week.
- Works with LTCS so they understand your needs and requests.
- Makes sure your goals are specific to you and your family's life.

Who are our case managers?

SABIS case managers have extensive experience in the field of brain injury rehabilitation.

Our case managers have worked in Southern NSW for many years and therefore have a good knowledge of services and resources in this area.

More information about what is case management can be found at:

http://www.aci.health.nsw.gov.au/__data/assets/pdf_file/0009/292824/birp-moc-flier.pdf