

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

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.

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.

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.

Cost

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

Referrals

Referrals can be made by individuals, families, carers, medical practitioners or other service providers. Early referral of potential clients is recommended.

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.

Contact Details

Southern Area Brain Injury Service

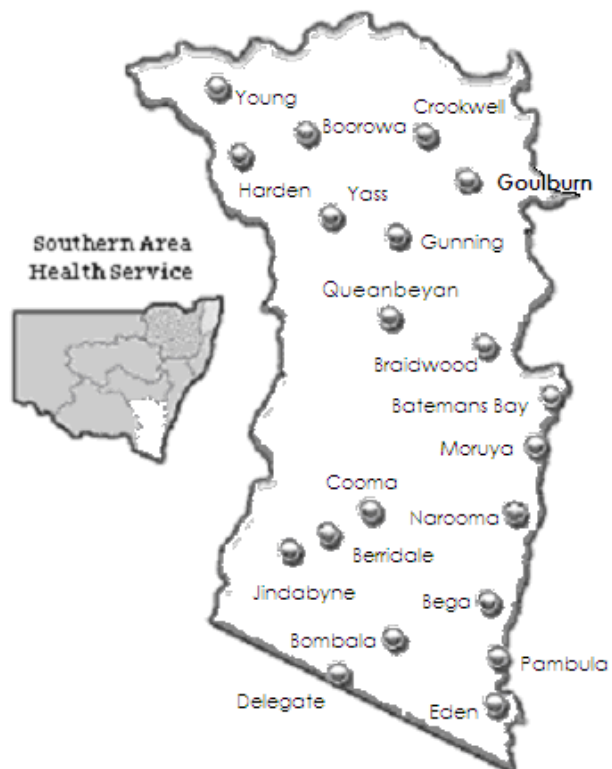
PO Box 274, Goulburn NSW 2580

Transitional Living Unit

104 Bradley St, Goulburn NSW 2580

Ph: (02) 4823 7911 Fax: (02) 4821 9165

Service Area



Part of the NSW Brain Injury
Rehabilitation Program



Health
Southern NSW
Local Health District

SOUTHERN AREA BRAIN INJURY SERVICE

Assisting people with a
Brain Injury to achieve

Phone (02) 4823 7911

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