**Transitional Living Unit**

The Transitional Living Unit (TLU) is an important part of a Rehabilitation Program. We work together to maximize your recovery in an environment that is home-like, supportive and positive.

The TLU is located within the Bourke Street Health Service Campus and is located at 104 Bradley Street Goulburn

**Who Is Involved with the Transitional Living Unit**

- Team Manager
- Occupational Therapist
- Living Skills Educators
- Rehabilitation Coordinator
- Social Worker
- Neuropsychologist
- Physiotherapist
- Speech Pathologist

**HOW TO CONTACT THE TEAM**

Transitional Unit: (02) 48237852
Southern Area Brain Injury Service: (02) 48237911
104 Bradley Street
Goulburn NSW 2580

**TRANSITIONAL LIVING UNIT**

Providing a service to people with Traumatic Brain Injury across the Southern Local Health District

TLU Client’s and staff had input into this Brochure in Jan / Feb 2014
The aim of Southern Area Brain Injury Service (SABIS) is to work alongside clients and their families while they achieve their rehab goals. The aim of the TLU is to provide a rehabilitation environment that is similar to a person’s home. Whilst in the TLU, clients are encouraged to develop and practice skills needed for daily living. At TLU you will receive a weekly therapy program to assist your rehabilitation. The programs are designed according to individual needs but may be delivered individually or in a group.

**DISCRIPTION:**
The TLU is a modern 3 bedroom unit, which comprises of two single rooms and a double bedroom. There are spacious living areas and an internal courtyard. There are TV, DVD and computer facilities. (no internet available)

**STAFFING**
The TLU is staffed 24 hours a day Monday to Friday by Living Skills Educators. Clinical staff are based at Carrawarra House nearby and there is a regular visiting Specialist service. Clinical staff include: Occupational Therapist, Psychologist and Social Workers.

**RIGHTS and RESPONSIBILITIES**
As you will be living closely with a group of people who will have differing wants and needs, a list of residents Rights and Responsibilities has been developed. You will be provided with a copy of these and they will be discussed with you prior to admission.

If at any time during your stay at TLU, you have any queries or concerns please discuss with a member of staff.

We look forward to working with you

---

**WHAT IS the TLU**

**WHAT HAPPENS at the TLU**

**ACTIVITIES**
Rehabilitation activities may be undertaken in the TLU, or in the community. The nature of the activities will vary depending on the goals of each client. During your stay you will be required to follow a set timetable that you have assisted in planning, to ensure your rehabilitation goals are addressed.

**PERSONAL CARE**
In order to facilitate active rehabilitation, you are responsible for your own personal care: however staff will assist if required.

You will be responsible for keeping your room and common areas clean & tidy, as well as washing your personal items and linen regularly. Staff will assist as required.

**COOKING / SHOPPING**
As part of your program, it is expected you will participate in the preparation of meals and in the weekly shopping for the Unit. All groceries for meals are provided for you.

Residents prepare and eat meals together

**TELEPHONE CALLS**
Family and friends are welcome to ring you on (02) 48237851

**VISITORS**
Family and friends are welcome to visit. Where possible, visitors should avoid visiting during scheduled therapy and meal times.

We are not able to accommodate visitors overnight, however case managers can assist with finding local accommodation if required.

**COST**
All costs to your rehabilitation will be covered by the Service. If you have a compensable claim, services provided will be charged to your insurance company.

---

**WHAT TO BRING**
Bring along personal belongings to make your stay as comfortable as possible, this may include IPad or Laptop. Though we do not accept responsibility for loss or damage, a secure drawer is provided for all residents.

You will need to bring toiletries, bathrobe, and a small amount of money for incidentals and outings. Swimwear will be required for hydrotherapy.

Bed Linen and towels are provided: However as Infection Control Standards require us to cover pillows with plastic pillowcases – you may prefer your own pillow.

**MEDICATIONS**
You will need to bring your own prescribed Medications in a Webster pack (including your signing sheet), which can be organized through your pharmacy.

All non prescription or alternative or complementary medications need to be discussed with your case manager.

**HOW LONG WILL I STAY**
Recovery from a traumatic brain injury varies from person to person. In cases where the recovery process is more complicated, specialized assistance may be required.

The Transitional Living Unit is set up to accommodate a wide range of client needs. Your length of stay is always decided on an individual basis with the involvement of all treating clinicians and family.

Families are considered an important part of your rehabilitation team and are invited to be actively involved in your admission.