Brain Injury Network of South Australia Inc.

2013 Autumn Edition

New look - newsletter and website

BINSA’s new look ‘visibility’ is designed to make all communications more accessible and meaningful, with more information, facts and options, so anyone who needs our services and or needs information about the effects of acquired brain injury (ABI) will know they have a one-stop-shop - we hope you like all these changes and will make the best use of every aspect including giving us your valuable feedback.

Audits

So, self evident as it may be, BINSA is committed to continuous improvement in all spheres of its operation which is why it’s very pleasing to be able to advise that we have just successfully completed 2 audits: firstly the inaugural National Disability Advocacy Program (NDAP) quality assurance Certification process and, the second our triannual review under the now badged Australian Service Excellence Standards (ASES) Certification process.

It is therefore not only a privilege but also very affirming that we achieved these due to the support and contributory reporting of our clients, members, friends and stakeholders, our terrific staff team, Committee of Management and lastly but not leastly our fantastic volunteers. It’s a full team effort - thank you.

2013 National Volunteers Week

We’ll be celebrating all of ours on Thursday 16th May 2013 we couldn’t do it without you ... thanks a million - See full details inside
Cherie joined the BINSACOM mid 2012 as a co-opted member representing an allied health professional group - in this case Occupational Therapy - and was then elected as a member at the 2012 BINSAGM.

Cherie has contributed advice and support to BINSACOM in many ways over the years but now regrettably, for family reasons, she has had to resign. We wish her and her family the best in their future community pursuits and hope she will continue her contact with BINSACOM as we move forwards with our involvement in the NDIS reforms.

Thanks Cherie for your continuing contributions.

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Ed Weaver and Vanessa Seymour

Ed and Vanessa have stepped up to assist in the vacant Advocacy position while we recruit. Ed and Vanessa are both currently working casually in our Springboard Program and this is an opportunity for them to use their qualifications in Psychology and related experiences and skills in supporting those individuals to whom we provide advocacy services. Plus - it’s another demonstration of what a talented and diverse team we have here at BINSACOMings. Thanks Ed and Vanessa.

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Jan Palmer - returns - briefly

Jan Palmer who was the BINSACOMings advocate is returning to us for an interim period while we complete the recruitment process to fill the vacancy for the advocate position.

Jan is highly regarded by everyone and we are very pleased to have her back even for this brief time. Some current advocacy clients will remember her because she was very successful in ensuring their issues were dealt with very well. Jan will be working 3 days a week and she welcomes your calls. Great to have you back Jan.
This illustrated figure is taken from our revised BINSAs Fact Sheet - see the website www.binsa.org - and features the intricacies of how someone with an ABI may appear when receiving acute care in an Intensive Care Unit (ICU).

A bit scary but essential to immediately stabilising the injured person. The ICU is where we depend on a highly skilled team of medical professionals whose focus is to administer, monitor and work towards initial recovery and rehabilitation options.

### Specialist Consultants
- Angela Gregory – Accountant
- Ann Woodcock – Special Projects - Client MIS
- Cathy Carruthers – Corporate Consultant
- Dr Susanne Hillier – Physiotherapist
- Interintra – IT and Website Contractor
- James Burdon – BurdonAware Design Website Graphics
- Joan Tamiaans – Minute Taker – BINSAs COM
- Karen Osborne – Psychologist, Independent Associate
- Kate Costello – Director Governance Matters
- Michel Duklewicz – Website Illustrator
- Natasha Sari – Website Project/Newsletter

### Student Practicum
- Carrick Education – Diploma of Community Services
- Mashele Hanna
- Rachel Briggs

### Administration General
- Keryl Beesley
- Virginia Chen

### Return to Work
- Hailey Connor (4th year student)

### Proactiv People Solutions – WorkCover SA
- Bill Wright

### Springboard Program
- David Bajjali
- Ed Weaver
- Janelle Wood
- Jessie Wu
- Morneer Ackaire
- Nathan Giaccio
- Rebecca Closter
- Robert Semmens
- Sheriden Marin
- Suzanne Edwards
- Tanya Davey
- Valmai Mackenzie
- Will McIntosh

### Program Advisory/Events Support Cttees
- Anna Miles
- Catherine Young
- Cherie Archer
- Delores Wells
- Fiona Creed
- Kelly Weckert
- Liz Williams
- Mariann McNamara

### RTP Advisory Group
- Donna Lamden
- Trevor Sommerville
- Adrian Horan
- Kelly Weckert
- Chris Farrand
- Mariann McNamara

### Major reforms = new directions
The passing of the major disability reform legislation - the National Disability Insurance Scheme (NDIS) is not only the beginning of a fundamental shift in disability services but also a shift - more generally in the cultural mores about how we treat anyone with a disability.

This reform is an extraordinary outcome for all Australians and is ‘national’ even ‘international’ societal leadership in the true sense. The foundation of human rights is that it applies to all of us...

The reality of the NDIS is that it will shift approx $14bn value of services and support into an ‘open’ market place, where anyone assessed as being eligible will be guaranteed reasonable and necessary life-time personal care and support. Even better is the underpinning premise that each individual will be able to exercise choice and control about how services and support will be provided.

From the 5 trial sites commencing 1 July 2013, in SA, Vic, NSW, Tas and ACT, until the entire roll out, scheduled for 2018, people with a disability will for the first time have certainty of being involved in the decision making about the care and support they will receive. This also means that instead of a service sector based on being primarily ‘risk averse’ and needing to fit within ‘their’ organisational frameworks, the changed focus will be on what the individual's personal preferences may determine. That is the change that the entire sector is now reflecting on and planning for.

Self directed funding choices will ultimately lead to the need to establish a responsive service market with very different approaches. This is likely to need organisations involved in some brokerage functions to ensure those wishing to exercise choice connect with services that support them in not only a quality as well as cost effective way but in ways that meet their specific needs as far as that is possible.

BINSAs is excited by these opportunities and in readiness we are reviewing our Strategic Plan and Operational Directions for 2014-16 and will start comprehensive consultations shortly - including with our BINSAs constituency - details alongside here. More importantly we have drafted a new Constitution (the current one is now 20 years old) - and look forward to adopting this when our financial members meet on 1 May 2013.

Working together will ensure BINSAs continues its valuable representation in SA of those affected by an acquired brain injury (ABI). we’re looking forward to it regards Mariann McNamara

### 2014-16 Strategic Planning Consultations
BINSAs will be running several consultations with ABI constituents, stakeholders, staff, and Board to develop our 2014-16 Strategic Plan.

Are you interested?
Kathy Carruthers has been engaged to lead these sessions and she will be keen to get your views at the following session

Input sessions for a representative group of constituents run over two hours at BINSAs

Each group will be asked these questions

- What is BINSAs really good at now?
- What is BINSAs not so good at/ where could BINSAs improve?
- What are the key business/strategic issues that BINSAs needs to address in order to be successful in next 3+years?

If you are interested in being involved then please call us 8217 7600 or email info@binsa.org to register and we will contact you shortly.
PROGRAM REPORTS

Administration

Greetings from the administration department. Welcome to the 2013 Autumn edition of the BINSAs newsletter.

We have accomplished so much in the short time back its amazing! You can check out the full details in the following pages but one of our main achievements is the new BINSAs Website – it is up and running again.

Take a few minutes to check it out, not only will you find all the usual great information but you will have access to our Calendar, which will bring you up to speed on what’s happening at BINSAs at any given time.

Some exciting events coming up so keep checking in, you never know what we will be up to next! Also, check out our coordinators news, some good stuff going on there and some fantastic achievements – but I will let them tell you everything!

Happy St Patricks day from Sydney - sharing that ‘black’ stuff’ thanks Karen! without your generous support.

Karen Arthur, Coordinator

Counselling

Counselling, in accordance with the feedback from various other programs (notably the Alumni), has seen a growth in the direction of relationship support and counselling. Relationships with self, others and the wider world are often significantly altered after an ABI, often resulting in a difficult readjustment phase for everyone involved with ABI, both directly and indirectly.

It can be beneficial for all parties to be better informed about what is being experienced, thus facilitating healthier understanding and communication around some of the ABI related difficulties. While this can be a central tenet of adjusting to life after ABI, it is only one aspect of the counselling services offered to support individuals through the journey of life after ABI. Other common focuses of counselling include; improving cognitive functions; clarifying and working through experiences and thought and emotional processes; exploring avenues that will afford greater balance and thus quality of life and fostering a generally healthier outlook on life after ABI.

The increase to two days of counselling at BINSAs has seen an increase in the number of people accessing counselling services, as well as providing more comprehensive involvement in each case. We encourage any person with an ABI, their family, friends or significant others to contact Chris Farrand on 8217 7601 or chris@binsa.org if they believe counselling might be helpful.

Chris works half days Tuesday, Wednesday, Thursday and Friday.

Hi there, I’m Chris!

Providing information, advocacy and support for people with acquired brain injury (ABI) in SA.

What is advocacy?

Why should I talk to BINSAs?

What help can I expect?

What can I do to help myself?

When should I talk to BINSAs?

Advocacy is a service to help safeguard the human and legal rights of people who need someone else to speak up for them.

In South Australia the Australian Government fund the Brain Injury Network of South Australia Inc. under the National Disability Advocacy program (NDAP) to provide advocacy for people with acquired brain injury (ABI).

BINSAs also provides feedback to Governments and other organisations about issues which adversely affect a large number of people so that changes can be made to the system.

When you are dealing with organisations and services, you should contact BINSAs if you feel:

• you have not received a proper service
• you are being denied a service for which you are eligible
• you are unhappy about a decision made which affects your situation
• you are not being listened to
• you rights are not being recognised
• you have been discriminated against
• you are being abused in some way

• you have used a complaint procedure but are not satisfied with the result.

If you have an issue you may find it helpful to talk to BINSAs (or another advocacy organisation) if:

• you have difficulty expressing yourself or remembering all the details of a discussion
• you have difficulty writing letters
• you have trouble talking in and replying to everything happening in a meeting or discussion.

You can make a formal complaint to the service provider organisation.

Remember that not every advocacy situation results in exactly what the person wants. There may need to be compromises and in some cases there may not be a ready solution to the situation.

You always have control of how much assistance you want from BINSAs.

When should I talk to BINSAs?

BINSAs service users have a right to raise complaints and no person will be disadvantaged if this occurs.

Please contact BINSAs either in person, in writing or by telephone. A response to a complaint will be made within five working days and confidentiality is ensured.

Check out all our revised Policies and Procedures on the website …

www.binsa.org

Section 1 – Governance

Section 2 – Clients

Section 3 – Work Health and Safety

Section 4 – Human Resources

Section 5 – Administration

Key Policies

Making a Complaint
Medical Heating and Cooling Concession

On 1 January 2012, the South Australian Government introduced the Medical Heating and Cooling Concession. This energy concession assists South Australians on a fixed or low income who have a clinically verified medical condition which requires the frequent use of heating or cooling in the home to prevent the severe exacerbation of their condition.

The Medical Heating and Cooling Concession is $158 per year, increasing to $165 on 1 July 2012. It is available to eligible applicants in addition to the current energy concession. The concession may be backdated to 1 July 2011 for eligible applicants.

Who is eligible?

To be eligible, applicants must be resident in South Australia and:
- have (or be a parent/guardian of a child with) a qualifying medical condition requiring cooling or heating to prevent a severe exacerbation of their condition;
- provide certification from their medical specialist or General Practitioner that the medical condition is severely exacerbated by hot or cold weather;
- reside at the address on the application form and use an air conditioning unit at that address to meet their medical heating and cooling requirements;
- hold a current Centrelink or Veterans’ Affairs Pensioner Concession Card, a Centrelink Low Income Health Care Card or Commonwealth Seniors Health Care Card or be a recipient of an eligible Centrelink allowance, and
- be financially responsible for the full or part payment of the energy bill.

Applicants will be assessed for eligibility based on their income type as confirmed by Centrelink.

Apply for the Medical Heating and Cooling Concession

- Download the Medical Heating and Cooling Concession - Application Form (PDF, 258kb)
- Note: the application form includes an information sheet on eligibility criteria
- Download the Medical Heating and Cooling Concession Clinical Guidelines
- For more information Call Concessions and Support Services on 1300 735 350.

A text telephone service is available for people who have a hearing or speech impairment on:
TTY: (08) 8226 6789.

More information about South Australian Government concessions

- Are you eligible - concessions brochure 2012 [alternative format]
- Use the Concessions Finder to find out about other concessions for which you may be eligible.
- Telephone the Concessions Hotline on Ph: 1800 307 758 (freecall) during office hours for assistance or to have application forms or information sent to you.

More information sent to you.

If you would like any further information on any of the above, please contact Shaneen Renshaw on Thursdays, on 8217 7605 or shaneen@binsa.org Please note if you do leave a message then Shaneen will reply when she returns each Thursday, so if it is urgent then please call the general number 8217 7600.

Shaneen Renshaw, Coordinator Community Learning and Lifeskills.

Springboard Program

Springboard participants have been working very hard and many milestones have been reached. I would like to take this opportunity to share the story of 2 such achievements.

Anne Rowlands has been with Springboard for 2 years. One of her goals was to ride a bike again. Anne work very hard in physio to improve her balance and in February this year attended a 3 week “Ride a Bike Right – Road Safety Education” program held by HALO (Healthy Active Lifestyles Onkaparinga) where she was able to successfully ride a bike and enjoyed the experience very much.

Brett Afford has also been with the Springboard program for 2 years. Originally Brett came to BINS dependent upon the use of a manual wheel chair. One of his goals was to walk independently and has worked consistently and diligently towards this. Brett can now walk into BINS with just the aid of a walking stick!

We not only congratulate Anne and Brett on achieving their goals, but all the participants in the Springboard Program.

Keep up the great work.

Victoria Zelipski, Springboard Coordinator
BINSA PROGRAMS AND SERVICES

youth Reconnect Transition Program (yRTP)

We are very excited to announce the launch of the inaugural Young Reconnect Transition Program (yRTP) in February. A vibrant, eager group of young individuals with an ABI have gathered together to learn, build relationships and encourage one another through their unique life experiences. The response has been fantastic, with participants feeling both involved and empowered throughout the sessions. This yRTP course has been tailored to the experiences of young men and women dealing with the changes that result from an ABI through road trauma. Together we journeyed through the maze of teenage moods and emotions, looking at what can happen when our brains are injured and what strategies we can use to cope with these changes. We discussed all things ranging from communication, goal setting, support networks and education to sex, drugs and rock’n’roll. Guest speakers included Jen Cousins from Tafe SA, Ralph Brew from SHINE and the then BINSA advocate, Paul Conner-Kearns.

Reconnect Transition Program (RTP) – general

The RTP team has been busy as usual over the last few months running the first ever young RTP (yRTP) delivering an express program in the South East, holding a mentor refresher training session, 3 Alumni events and being part of representing BINSA at the Riverland disability expo! We have also been preparing a submission for another round of funding as our current contract is due to end on the 30th June. Lots of exciting things have been planned and we can’t wait to get started on some new initiatives as well as continue doing what we have been doing so well with the support of all of YOU!

Express Reconnect Transition Program (eRTP)

On the 6th of March a small group of people in the Mt Gambier Region came together at the Mt Gambier Library for the second express Reconnect Transition Program (eRTP) Throughout the day the group looked into some basic brain anatomy, identifying different functions of the different parts of the brain. The group also discussed challenges that brain injury present and strategies found to be helpful. Stress management: Identifying triggers and how to-minimise or eliminate them and recognising signs of stress, self-talk: the impact of self-talk and how to challenge negativity, communication, goal setting & building steps were also discussed. All participants were invited to attend the SEABIN meeting on the 7th to strengthen their own networks within the area.

Some feedback from the program included that it was ‘interesting, worth going to’ and that it was ‘great meeting people with brain injury…’

RTP Alumni

January 16th - Post Christmas discussion.

The group came together and had the chance to talk about their Christmas experiences, expectations of the day, what worked well how to better prepare next year. This discussion explored the importance of the holiday period to those in the group and why, some expectations were exceeded while others were left being re-examining how they they might like to spend the next few months.

February 6th - Cognitive Overload after Brain injury.

This month we spoke about overload, when it arises, some symptoms and how we might prevent and / or deal with it. Each person that attended was able to share their experience of overload of what they do to prevent it. We discussed warning signs and shared strategies on how to better manage.

Strategies to Prevent Falls

Be physically active every day. At every age, you should aim to do at least 30 minutes of activity per day, at least five times a week.

• Exercises and activities make you stronger, improves your balance and lowers the risk of a fall; examples include Tai Chi, dancing or group exercise programs that include balance and muscle strengthening.

Exercise also helps keep bones strong, increases energy levels, helps with sleeping problems, blood pressure, blood sugar and keeps your weight down.

• Have medication and vision checked regularly. Some medication can make you drowsy or dizzy, while worsening vision and bifocals or multi-focals can make it difficult to judge where to put your feet.

• Talk to a physiotherapist about which balance and strengthening exercises or activities will best suit you. They can also advise about whether a walking aid, such as a stick or frame, would help.

• For more information contact your GP or call 1300 0 FALLS (1300 032 557).

Healthy bits and other interesting information

Walking to be happy ...

Walking is one of the best things you can do to live a longer, healthier life.

And you only need 30 minutes a day! It can be one long walk or three short ones.

You’ll find all the information you need to get started right here.

So be active - and walk yourself happy.

A Flower Between the Cracks

“It’s every parent’s nightmare. One ordinary evening, Helen’s twenty-two-year-old daughter Jayne is involved in a catastrophic car accident.

Lying in a coma, her young life in the balance, Helen begins penning tender letters to Jayne, trying to make sense of the tragedy. When Jayne finally wakes, she can’t talk or walk.

Her life, and the lives of her family, will never be the same again. A Flower Between the Cracks is an extraordinarily powerful account of a mother’s love and a daughter’s immeasurable courage. It is a story of hope and survival, laced with surprising humour.

Never has a memoir spoken of the complexity of caring for a disabled loved one with such grace and candour. This is a book for all Australians – reminding us of the profound joys to be found in each day.”

are you a student?

BINSA provides opportunities for tertiary students to undertake practicum placements - call us 8217 7600

GOT A PROBLEM? WE CAN HELP.

FREE LEGAL HELP
1300 366 424
MONDAY TO FRIDAY FROM 8AM – 4.30PM

Legal Services Commission of South Australia

to all our sponsors and supporters - give us some feedback on the website www.binsa.org

Thank you
We arrived, parked (free). I couldn't wait to get there. Excitement was too much – morning and the He picked me up Thursday. My wife, didn't mind. Does for me, and Rennie, appreciation for all that he wanted to take my car in. The tickets arrived and that from day one.

The race was on! It was so exciting; we were standing right above the pits, watching the cars coming in and going out and could even view them changing tyres and getting refuelled. We had the best view in the house!

After that race, Premier Weatherill arrived, he spent a few moments with me and we talked about the up and coming election. I sincerely thanked him for the tickets as I would never have been able to attend without them.

So it was with great pleasure to give thanks to the Premier for making these tickets available and to BINS A for nominating me. We had a great day at the Clipsal but the only thing now is I want to go again next year!

Wayne Avery
March 2013

ACNC update - April 2013

Small charities
Join our online 2014 AIS consultation session
If you represent a small charity we would like to invite you to join a discussion on the ACNC Facebook page on Tuesday 23 April from 1.00pm to 4.00pm AEST.

We would like to hear and respond to your feedback on the 2014 AIS proposals. You can join us for just a few minutes or stay online for the whole three hours. If the time doesn’t suit you, you can still provide us your individual feedback via our online survey or by emailing us at consultations@acnc.gov.au.

New podcast episodes
- Ongoing obligations
- Health promotion charities
- Public benevolent institutions
- Religious charities


RTP continued:

March 6th – Effects of ABI

This month the group watched a short informative film on the effects an ABI can have on different areas of the brain. From this, the group was able to recognise where their individual difficulties arise. Strategies where discussed on how to best cope with some of these changes. A discussion was also had around the different facets of memory and strategies used to assist in recall.

The last half of the session was health focused discussing why nutrition is important for brain health and development and the importance of exercise for physical and emotional health.

for all RTP enquires contact one of the RTP team: Kelly Weckert Coordinator RTP 8217 7613 Co-Assistant Coordinators: Charlotte Rasmussen 8217 7614 or Tegan Whittard or RTP Alumni Assistant Chris Farrand 8217 7601

Re-Wired Fitness

Re-Wired has continued running in the new year with one new participant in the program.

We are still looking to start a fitness class this year which will be open to anyone with an acquired brain injury which will be a 45 min class run once a week.

If you are interested in attending this class please contact Catherine on 82178607 or via email at catherine@binsa.org

Riverland Expo

On the 15th of March DIRC (Disability Information and Resource Centre) held the Riverland Disability and Ageing Expo in Barmera.

Great interest was generated in the services and programs available at BINS A and many networking opportunities were had. BINS A is looking to extend services to the Riverland area in the coming years.

SEABIN

The latest SEABIN meeting was held on the 7th of March in the leadlight room at the Main Corner complex in Mt Gambier.

The purpose of the meetings is to share resources and information about services available to people with an acquired brain injury in the South East.

Hot topics of conversation included the heating and cooling rebates (for those of you who are unaware – if you have struggled with the extreme weather due to your brain injury, you can apply for a rebate on your power bill - some individuals raised concerns over having their claims rejected.

For the Medical Heating and Cooling Rebate Scheme - see page 12 for full entitlement details.

The next SEABIN meeting will be held in May

check the BINS A website www.binsa.org

need advocacy?
it is always worth discussing your situation and concerns with BINS A if you have not had a fair go...
PHOTOS

BINSAs Staff Breakfast in March. Welcomes BINSAs Chair, Joanna Andrew and specialist consultant, Delores Wells.

BINSAs Springboard Program Support Worker.

Vanessa Seymour, BINSAs Springboard Program Support Worker - Both Ed and Vanessa stepped up to assist with our Advocacy vacancy. More about this on page 2

Delores and Martin Wells 50th Wedding Anniversary Breakfast Event - Video

Volunteers Irene and Keryl

...consider being a BINSAS Volunteer

...more than 100 volunteers already help BINSAs each year - across all sorts of activities - so think about it - and if interested heres some options...

- event assistance
- admin support especially good PC skills
- member data base support
- newsletter enveloping
- Springboard Program participant assistance
- social media and web/blog support
- be a Buddy
- general all sorts

Come along and register and try us out - $8/day reimbursement of some transport

Springboard Tuesday Group

Cheryl Walking into BINSAs April 2013