



Brain Injury SA.

Do you have an ABI or know someone with an ABI who would benefit from our sessions?

Email us: info@braininjurysa.org.au

Community Learning & Life Skills

July to Sept 2017



Our Community Learning and Life Skills program is designed for people living with ABI, their carers and families. The program of unique events, workshops and seminars assists people impacted by ABI to develop skills, increase their independence and move forward with their lives.

Below is the list of events for the coming months. Bookings are essential and there is no cost to attend.

If you are someone living with ABI or know of someone who is living with ABI, their carer or a family member,

and wish to attend one of our events, please register below. We would love to see you.

All Community Learning and Life Skills events take place at Brain Injury SA offices at 70 Light Square in the city.

Register today!

All Community Learning & Life Skills Events are FREE.

Bookings are essential, so please book your place today.

Register Online:
www.braininjurysa.org.au/register-lifeskills

Telephone: 8217 7600
Country callers: 1300 733 049

You can also email us at
info@braininjurysa.org.au

At a Glance

NDIS Information Session

Thursday, 27 July

Technology Workshop

Thursday, 31 August

What's out there for me?

Tuesday, 26 September

Carer and Family Support Group

Changes after ABI

Tuesday, 4 July

Mental Health and ABI

Tuesday, 1 August

Neuroplasticity: What you need to know

Tuesday, 5 September

Coffee Club

City Coffee Group
Western Coffee Group
Northern Coffee Group

All people with ABI are warmly welcomed to all of our programs and events.

If you live with an ABI, please get in touch - we'd love to see you at one of our upcoming events.

www.braininjurysa.org.au/register-lifeskills

Program of Events

July
to Sept
2017

NDIS Information Session

Thursday, 27 July
at 1.30pm

Register

Our Manager for Community Programs, Lisa Minervini, and Allied Health Professional, Naomi Jarvis, will talk about how you can prepare for the NDIS and what services Brain Injury SA is registered to provide.

WHO IS THIS EVENT FOR:

People with acquired brain injury,
Carers & Family



Technology Workshop

Thursday, 31 Aug
at 1.30pm

Register

UniSA 4th year Occupational Therapy students Annie Burns and Jane Spehr will be presenting a Technology Workshop – An interactive session covering navigation of the Brain Injury SA website and reminder settings so you can keep up-to-date with the latest events and programs. Bring along your device for one on one assistance.

WHO IS THIS EVENT FOR:

People with acquired brain injury,
Carers & Family



What's out there for me?

Tuesday, 26 Sept
at 1.30pm

Register

Brain Injury SA's advocate Jessie Bennett will discuss several types of assistance that may be available to those with ABI, and assist you to navigate the maze of community schemes and supports in SA. These may include:

- Centrelink – Carers Payment vs Carers Allowance vs Carers Supplement – what's the difference and which can I get?
- Disability Parking Permits
- Medical Heating and Cooling Concession vs Energy, Water and Sewerage concessions – you might be eligible for both!

PLUS MORE!



WHO IS THIS EVENT FOR:

People with acquired brain injury,
Carers & Family

Carer and Family Support Group

July
to Sept
2017

On the first Tuesday of every month we host a welcoming support group for the carers and families of people living with ABI.

Hosted by our Senior Psychologist Ed Weaver, we present a different topic each month – all designed to help you better support people living with ABI and increase your own wellbeing. Numbers are strictly limited, and registrations essential, to ensure we keep an intimate group that will encourage group discussion and interaction. Morning tea will be provided.



July

Changes after ABI

**Tuesday, 4 July,
10.30am – 12pm**

An ABI can bring about many life changes, and commonly a person's independence, relationships, and work are affected in some way. In this session we discuss these and other changes, what they mean for family members and carers, and how we can best support people with ABI to get their lives back on track.

WHO IS THIS EVENT FOR:

Carers & Family

Register

August

Mental Health and ABI

**Tuesday, 1 Aug,
10.30am – 12pm**

Mental illness is common in Australia, and people with ABI are at heightened risk for conditions like depression and anxiety. In this session we explore why this is, and most importantly how we can assist people with ABI to work through the challenges these conditions present.

WHO IS THIS EVENT FOR:

Carers & Family

Register

September

Neuroplasticity: What you need to know

**Tuesday, 5 Sept,
10.30am – 12pm**

Proof of neuroplasticity – the brain's capacity to change and 'rewire' itself – was a major scientific breakthrough. Knowing it exists is one thing, but how does it apply to helping people get on with their lives after a brain injury? As family members and carers, what do we need to know about neuroplasticity to help people make progress towards their goals? This session will be about drawing practical tips and strategies from the ever-growing body of neuroplasticity research.

WHO IS THIS EVENT FOR:

Carers & Family

Register



Coffee Club with Brain Injury SA

July
to Sept
2017

Pop in to one of our Coffee Club gatherings, which aim to help and support people living with an ABI to develop their social networks.

They are happy, positive and welcoming for all age groups. There are three locations to choose from and we would love to see you at one of them soon:



City Coffee Group

**Last Wednesday of every month,
2pm - 4pm**

My Way Café, 76 Light Square,
Adelaide

WHO IS THIS EVENT FOR:

People with acquired brain injury

Register

Western Coffee Group

**Third Friday of every month,
2pm - 4pm**

Vili's Café Bakery, 2-14 Manchester St,
Mile End

WHO IS THIS EVENT FOR:

People with acquired brain injury

Register

Northern Coffee Group

**First Monday of every month,
2pm - 4pm**

Elizabeth Way McCafe, right near
the bus and train stations

WHO IS THIS EVENT FOR:

People with acquired brain injury

Register

Program Events Listing

DATE	EVENT	WHO FOR
3 July	Northern Coffee Group Monday, 2pm - 4pm	People with ABI
4 July	Changes after ABI Tuesday, 10.30am - 12pm	Carers & Family
21 July	Western Coffee Group Friday, 2pm - 4pm	People with ABI
26 July	City Coffee Group Wednesday, 2pm - 4pm	People with ABI
27 July	NDIS Information Session Thursday, 1.30pm	People with ABI, Carers & Family
1 Aug	Mental Health and ABI Tuesday, 10.30am - 12pm	Carers & Family
7 Aug	Northern Coffee Group Monday, 2pm - 4pm	People with ABI
18 Aug	Western Coffee Group Friday, 2pm - 4pm	People with ABI

DATE	EVENT	WHO FOR
30 Aug	City Coffee Group Wednesday, 2pm - 4pm	People with ABI
31 Aug	Technology Workshop Thursday, 1.30pm	People with ABI, Carers & Family
4 Sept	Northern Coffee Group Monday, 2pm - 4pm	People with ABI
5 Sept	Neuroplasticity: What you need to know Tuesday, 10.30am - 12pm	Carers & Family
15 Sept	Western Coffee Group Friday, 2pm - 4pm	People with ABI
26 Sept	What's out there for me? Tuesday, 1.30pm	People with ABI, Carers & Family
27 Sept	City Coffee Group Wednesday, 2pm - 4pm	People with ABI