People who have an injury to the brain, traumatic or otherwise, may find themselves unable to walk, use their hands or talk. They may also find it difficult to remember events, pay attention, concentrate and plan. People around them may note changes in their behaviour and personality. The effects of brain injury are unique to each person.

In South Australia there is a state wide rehabilitation plan for people who have suffered a brain injury.


http://www.sahealth.sa.gov.au/wps/wcm/connect/3a1fe7804b32f5d886b8afe79043faf0/Acquired+Brain+Injury+Rehabilitation+Model+of+Care.pdf?MOD=AJPERES&CACHEID=3a1fe7804b32f5d886b8afe79043faf0

Rehabilitation

Rehabilitation helps people to rebuild their lives by providing training and support to regain living skills and maximise their potential. The family plays an important role in rehabilitation and is part of the rehabilitation team. Team work by all involved is very important. Depending on the needs, team members may include the following:

- nurses
- rehabilitation medical specialists
- occupational therapists
- physiotherapists
- psychologists
- speech pathologists
- neuropsychologists
- social workers
- recreation co-ordinators
- nutritionists/dieticians
- paramedical/rehabilitation assistants
- physical education instructors
- education tutors
- family therapists
- orthotists/prosthetists
Rehabilitation begins while the person is still being treated in the ward of a hospital and usually continues for an extended period of time.

**In the Acute Hospital**
Immediately after the injury, the injured person’s condition is stabilised and care is taken to avoid complications such as chest infections and muscle spasms which may result from prolonged bed rest. When the person is medically stable they may be transferred to a facility for inpatient rehabilitation where their program can start.

**Inpatient Rehabilitation**
This phase offers intensive therapy to people who stay in a ward and aims to facilitate a safe return to community living for those who are unable to return straight home from acute hospital care. In some situations rehabilitation continues, but less intensively and over a prolonged period. The rehabilitation program may provide assistance with the following:

- swallowing techniques
- speech management
- self-care including showering, dressing and any other activity that can be undertaken with some independence
- use of special equipment, such as wheelchairs, walking frames and special cutlery
- thinking skills, such as organising and planning
- driver/rider training when appropriate
- vocational assessment including counselling and assistance for returning to work
- leisure activities
- independent living skills training
- information for families about the challenges the injured person will face and their roles in assisting them

**Outpatient and/or Community Rehabilitation**
When a person is able to return home, rehabilitation may continue. This might be via outpatient clinics attached to major hospitals or via community based services which may involve rehabilitation in clinics, home and/or community settings.

**Return to Work/School and Long-Term Support**
The person may need help on a daily or weekly basis. Disability Services can assist the injured person and their family to work their way through the sometimes long rehabilitation process. Most people are referred to Disability Services during their rehabilitation or they can refer themselves at any time. People who have moderate to severe effects from the injury are eligible.

There are other services to help people re-entering the community or returning to work. If you are a Disability Services client, contact your service coordinator in the first instance. Alternatively, contact the Brain Injury Network of South Australia Inc. (BNSA) for further information.
Brain Injury Rehabilitation Services in South Australia

**Springboard Rehabilitation Program**
A service from Brain Injury network of South Australia Inc. (BINSA), the Springboard Program provides a community-based rehabilitation therapy and education for adults, 18-65 years who have a significant acquired brain injury (ABI). Referrals are made through Disability Services.

**Brain Injury Rehabilitation Services (BIIS)**
A statewide specialist rehabilitation service assisting people between 18 and 65 years who have an ABI. Services include:

- **Brain Injury Rehabilitation Unit (BIRU)**
  An interdisciplinary residential unit at Hampstead Rehabilitation Centre providing inpatient rehabilitation programs for individuals with an ABI who require medical and nursing care.

- **Brain Injury Rehabilitation Community and Home (BIRCH)**
  A specialist rehabilitation service with two campuses, one at Felixstow and one at Fullarton. Therapy aims to facilitate recovery and adjustment to changes and to promote independence and a positive lifestyle in the community.

- Spasticity Clinic at Hampstead Rehabilitation Centre for inpatients and outpatients focusing on issues related to spasticity and other sequelae of acquired brain injury.

- **Medical Outpatient Services.** Located at the Royal Adelaide Hospital, Hampstead Rehabilitation Centre and BIRCH.

- Driver Assessment and Retraining Program
- Return To Bike-Riding Program

For more information contact BIRCH Felixstow office Ph: 08 8360 9600.

**Hospital Rehabilitation Services**
The following hospitals in the metropolitan area provide rehabilitation services for people with an ABI.

**Public Hospitals – Metropolitan**

**Hampstead Rehabilitation Centre (Campus of RAH)**
207-255 Hampstead Road
Northfield SA 5085
Ph: 08 8222 1600
Fax: 08 8222 1608

**Lyell McEwin Hospital**
Haydown Road
BINSA Information on Rehabilitation

Elizabeth Vale  SA  5112
Ph   08 8182 9000
Fax  08 8182 9122

Repatiation General Hospital
Daws Road
Daw Park  SA  5041
Ph:  08 8276 9666
Fax:  08 8277 9401

St. Margaret’s Rehabilitation Hospital (Campus of QEH)
65 Military Road
Semaphore  SA  5019
Ph:  08 8242 9111
Fax:  08 8341 5069

Women’s and Children’s Hospital
72 King William Road
North Adelaide  SA  5006
Ph:  08 8161 7000
Fax:  08 8161 7459

Private Hospitals – Metropolitan
Calvary Rehabilitation Hospital
18 North East Road
Walkerville  SA  5081
Ph:  08 8168 5700
Fax:  08 8344 1430

Griffith Rehabilitation Hospital
13 Dunrobin Road
Hove  SA  5048
Ph:  08 8298 4299
Fax:  08 8377 0543

The Memorial Hospital
Sir Edwin Smith Avenue
North Adelaide  SA  5006
Public Hospitals – Regional
Some public hospitals and health services throughout regional South Australia provide rehabilitation services to people with an ABI. Contact the organisation directly for information on available programs.

Private Hospitals – Regional
For information on country private hospitals providing rehabilitation services to people with an ABI, contact:

Brain Injury Network of South Australia Inc. (BINSA)
70 Light Square
Adelaide  SA  5000
P  08 8217 7600 / 1300 733 049 (country callers)
F  08 8211 8164
E  infor@binsa.org
W  www.binsa.org

or

Disability Information Resource Centre (DIRC)
195 Gilles Street
Adelaide  SA  5000
Ph:  08 8236 0555 / 1300 305 558 (SA only)
Fax:  08 8236 0566
Email: dirc@dircsa.org.au

Community Rehabilitation Services
After a person with an ABI has returned to the community, he/she may need further rehabilitation. Disability Services can assist in arranging assessment and therapy for eligible people.

Flinders University Community Re-entry Program
A support program for adults with brain injury aiming to enhance their skills and talents, assist reintegration into the community and improve quality of life.
Ph:  08 8201 3311
Email: jaime.gardner@flinders.edu.au
**Private Therapists**

Private therapists also provide services for people with an ABI in South Australia. You can speak with your doctor or contact one of the rehabilitation services listed on this fact sheet for information. Alternatively, private therapists are listed according to their clinical discipline in the Yellow Pages.

**Vocational Services**

**JobAccess**

*JobAccess* is a website and telephone information service funded by the Australian Government. It offers help and workplace solutions for people with disability and their employers.

Freecall: 1800 464 800
TTY: 1800 464 800
Fax: 08 9388 7799

**Online Enquiry Form**

Users who are deaf or have a hearing or speech impairment can call 1800 464 800 numbers through the [National Relay Service]:

TTY users phone 1800 555 677 then ask for 1800 464 800
Speak and Listen (speech-to-speech relay) users phone 1800 555 727 then ask for 1800 464 800
Internet relay users connect to the [National Relay Service] and then ask for 1800 464 800.

General information on employment options for people with a disability is available at [Disability Employment Services].

Ph: 1300 363 079

**Online Enquiry Form**

TTY users phone 133 677 then ask for 1300 363 079
Speak and Listen users call 1300 555 727 then ask for 1300 363 079
Internet relay users connect to the [National Relay Service] and ask for 1300 363 079.

**Community Services**

[Disability Services]

Disability Information Service

Tel: 1300 786 117 (local fee only for country callers).
BINSA Information on Rehabilitation

103 Fisher Street
Fullarton SA 5063
Tel: 08 8272 1988
Fax: 08 8372 1429
Email: disabilityinfo@dcsi.sa.gov.au

Springboard Program
Brain Injury Network of South Australia Inc. (BINSA)
70 Light Square
Adelaide SA 5000
Ph: 08 8217 7600 / 1300 733 049 (country callers)
Fax: 08 8211 8164
Email: info@binsa.org

Talkback Association for Aphasia Inc.
302 South Road
Hilton SA 5033
Ph: 08 8443 5555
Email: talkback@aphasia.asn.au

Flinders University Community Re-entry Program
Ph: 08 8201 3311
Email: jaime.gardner@flinders.edu.au

Stroke SA Inc.
302 South Road
Hilton SA 5033
Ph: 08 8352 4644
Email: info@stroke.org.au

For a full list of organisations approved by Disability Services including websites and contact details, see Disability Services Provider Panel. Information is also available from Disability Information Resource Centre (DIRC).