



# Building health and wellbeing after acquired brain injury

## Exercise, leisure and accessing the community

The Acquired Brain Injury Transitional Rehabilitation Service (ABI TRS) works with individuals after ABI on all aspects of health and wellbeing. For some this might mean exercise, for others leisure, connecting with others or accessing the community.

## Peer group programs

Group programs are a key part of helping individuals build health and wellbeing after ABI. Peers work together in supportive formats to learn and develop skills. Therapists will talk to you about attending these groups. ABI TRS offers two programs specifically for clients of the service.

These include:

### Moving Ahead Program

Moving Ahead is an ABI TRS peer program that is held at the Burke Street Centre on Tuesday mornings. Clients attend this program for 4 weeks. The Moving Ahead Program is an opportunity for clients to:

- Practise strategies learned in therapy
- Work towards your goals
- Understand more about your injury
- Work on your communication and thinking skills

Your therapy team will refer you to this program, based on your goals and therapy requirements.



Vocational  
Rehabilitation



Health and  
Wellbeing



Family and  
Community



Research



Technology in  
Rehabilitation



## Mindful Movement Program

Mindful Movements Program is an ABI TRS program involving yoga-based physical exercises and meditation practice. It provides benefits for improving strength, balance, coordination, relaxation and emotional regulation. It is held at Burke St Centre and includes:

- Informative video clips
- Modified yoga-based physical exercise and movements
- Short meditation practise
- Opportunity to share and connect with other clients.

Your therapy team will refer you to this program, based on your goals and therapy requirements.

## Contacts and where to find ABI TRS:

### **Burke Street Centre,**

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