

# The Acquired Brain Injury Transitional Rehabilitation Service Overview

## Program Outline

The Acquired Brain Injury Rehabilitation Service, ABI TRS, provides specialist brain injury rehabilitation for adults as part of Metro South Health’s Brain Injury Rehabilitation Service continuum. Services are free and provided for 10 weeks at home and in the community following discharge from hospital. The following rehabilitation therapies are available depending on the needs and goals of the client:

- Occupational Therapy
- Physiotherapy
- Exercise Physiology
- Speech Pathology
- Social Work
- Clinical Psychology and Neuropsychology
- Allied Health Assistants
- Specialist Rehabilitation Medicine Medical Officers

## Supporting Individuals and their goals

The Acquired Brain Injury Transitional Rehabilitation Service aims to help clients achieve their goals after ABI. It aims to maximise functional independence and community integration. Key elements of the service program include:

### Supporting family, friends and other networks



After ABI family, friends and other support networks are important. ABI TRS offers specialised programs to assist these significant individuals in acquiring new skills and coping strategies following ABI.



Vocational  
Rehabilitation



Health and  
Wellbeing



Family and  
Community



Research



Technology in  
Rehabilitation



## Health and wellbeing goals



ABI TRS therapists work on all aspects of an individual's health and wellbeing following ABI. This might mean getting back into exercise. It might also be about getting back into other important leisure activities and interests that support wellbeing.

## Returning to work and other meaningful roles



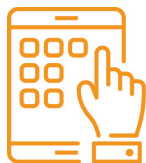
Re-entering the workforce and establishing other meaningful roles after an ABI can be a gradual process. ABI TRS therapists work with individuals on these goals through targeted assessment, therapy, collaboration with others, e.g., employers, and skill development.

## Research based program



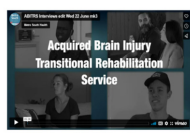
ABI TRS is committed to providing the best possible care for clients and families. This means research is part of the program.

## Online program delivery



ABI TRS is able to deliver some elements of service online. Online service delivery means therapists can see people further away and more often. If this is an important part of your program, therapists will work with you set up the necessary technologies.

## Returning home after an acquired brain injury



Returning home after hospital is a critical phase in recovery after brain injury. You can watch a video of the experiences of a number of ABI TRS clients at:

[www.metrosouth.health.qld.gov.au/brain-injury-rehabilitation](http://www.metrosouth.health.qld.gov.au/brain-injury-rehabilitation)

## Eligibility for ABI TRS

**Individuals who are eligible for ABI TRS include** adults aged between 16 and 70 with ABI who receive rehabilitation at Princess Alexandra Hospital Brain Injury Rehabilitation Unit (BIRU) or Jasmine ABI Rehabilitation Unit, and are discharging home.

### **ABI TRS clients**

- Should have identifiable and specific rehabilitation goals;
- Should be able to take part in and benefit from a rehabilitation program;
- Need to be clinically stable;
- Will be safe to discharge to a home and community environment (+/- support); and
- May need help from family or extended support networks at home.

### Accessing ABI TRS

**For residents located in the greater Brisbane area** within 50km radius of ABI TRS, about 1 hour drive from the PA Hospital

Rehabilitation is provided in your home and local area. There may be some clinic based appointments for individual rehabilitation and group programs.

### **For residents outside the greater Brisbane area**

Temporary, fully furnished accommodation is provided for the length of your rehabilitation program.

See our fact sheet ABI TRS for Rural and Regional Clients for more information.

[www.metrosouth.health.qld.gov.au/brain-injury-rehabilitation](http://www.metrosouth.health.qld.gov.au/brain-injury-rehabilitation)

## Contacts and where to find ABI TRS:

### **Burke Street Centre,**

Ground Floor, B2 Burke Street Centre,

2 Burke St,

Woolloongabba QLD 4102

Phone: (07) 3176 1159

Email: [abi-trs@health.qld.gov.au](mailto:abi-trs@health.qld.gov.au)

Website: [www.metrosouth.health.qld.gov.au/brain-injury-rehabilitation](http://www.metrosouth.health.qld.gov.au/brain-injury-rehabilitation)

