

# ABI TRS Supporting families, friends and others after acquired brain injury



## Specialised programs for families, friends and others

Families and others are an important part of recovery and rehabilitation after an Acquired Brain Injury (ABI). ABI TRS offers specialised programs to assist ABI TRS clients' families and friends acquire new skills and coping strategies following ABI. Some of these programs are outlined below.

### Conversation Training groups

Research shows that individuals who participate in communication partner training with a significant other have better outcomes after ABI. This is where the ABI TRS client and their partner work together to build communication skills. ABI TRS runs group-based communication partner training over 2 sessions at the Burke Street Centre. Some home based sessions are also available if needed. The client's speech pathologist or social worker can link you in with this program.

### Family and Significant Other Education Sessions

Family education sessions are run regularly throughout the year at the Burke Street Centre. These are led by medical and therapy staff to answer questions and address key knowledge needed when transitioning home after ABI. Your clinical team will refer you to this group.



Vocational  
Rehabilitation



Health and  
Wellbeing



Family and  
Community



Research



Technology in  
Rehabilitation



## Strength to Strength group

The Strength2Strength (S2S) Program is aimed at building resilience in families after brain injury. S2S was developed in 2009 with research supporting the benefits of the program. It is led by social workers trained in facilitating the program with a small group of individual family members or significant others. Drawing on experiences of family members and sharing positive adaptations has been shown to be helpful as families often experience common challenges in responding to these injuries.

## Carer and other training sessions

ABI TRS therapists can work with carers and support services to understand how best to support the individual with ABI. Your clinical team will liaise with support services around this form of training and support.

## Support for young families

Young families sometimes require additional supports following ABI. Social workers can link you and your family with the right services. Therapists will work towards your family goals. ABI TRS has developed a picture book with the help of The University of Queensland. Ask therapists for a copy if you do not already have one.



*Caption: Picture books can be a helpful way to explain brain injury to children.*

## Contacts and where to find ABI TRS:

### **Burke Street Centre**

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