

Introduction to ABI



Learn the basics of acquired brain injury (ABI) in a non-confronting environment. We discuss different causes, types and mechanisms of brain injury, explain terminology, and explore the difficulties that can arise from injury to various areas of the brain. This session focuses on the physical, communication, cognitive and psychosocial changes following ABI and strategies for adjusting to and supporting someone in managing these challenges. All content has been developed by a Flinders University rehabilitation lecturer from the School of Medicine, and is based on current best-practice research and knowledge.

Mt Gambier Group	8 March 9.30 - 11.30 am	Leadlight Room, Main Corner Complex, Mount Gambier.
Barossa Group	26 March 10 am - 12 noon	Carers Link Barossa, 15 Second Street, Nurioopta.
DIRC Evening Group	28 Mar 5.30 - 7.30 pm	DIRC, 195 Gilles St, Adelaide.
Enfield Group	15 April 10 am - 12 noon	Enfield Community Centre
Eyre Peninsula Group	5 April 10 am - 12 noon	TBC (Likely to be Port Lincoln Hospital)
The Corner Group	12 April 10 am - 12 noon	The Corner Uniting Church, Warradale
Southern/Fleurieu Group	13 May 10 am - 12 noon	Sellicks Community Hall

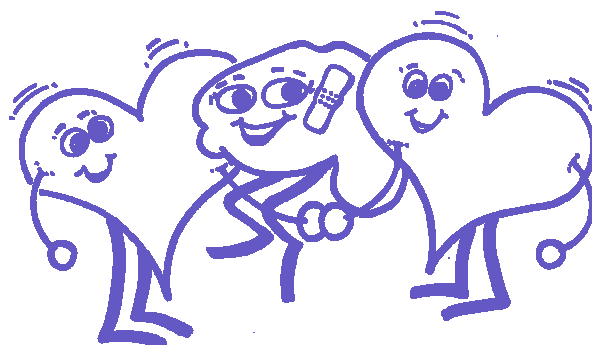
To attend a session join us at a designated group session. Additional information is available on our website, or email/phone us with your questions. We look forward to welcoming you @ a session soon.

Families4Families

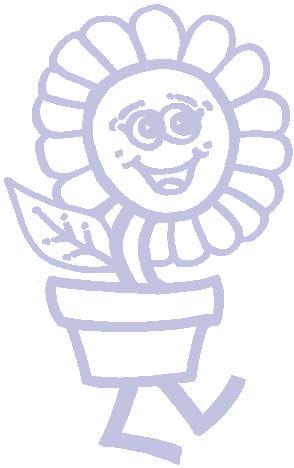
Acquired Brain Injury Support Network

0433 388 250

families4families.org.au



Anger and ABI: Triggers, Management & Resources



Following acquired brain injury, anger management can be a key issue for both the person with the injury and their family members and supporters. In this session, we discuss these issues in a non-confronting and general way, with a focus on understanding common triggers for anger after ABI and strategies for its management. We also discuss strategies for supporters to manage escalating situations. The course content has been developed by a Flinders University rehabilitation lecturer from the School of Medicine and is based on current best-practice research and knowledge.

DIRC Evening Group	23 May 5.30 - 7.30pm	DIRC, 195 Gilles St, Adelaide.
The Corner Group	6 September 10 am - 12 noon	The Corner Uniting Church, Warradale.

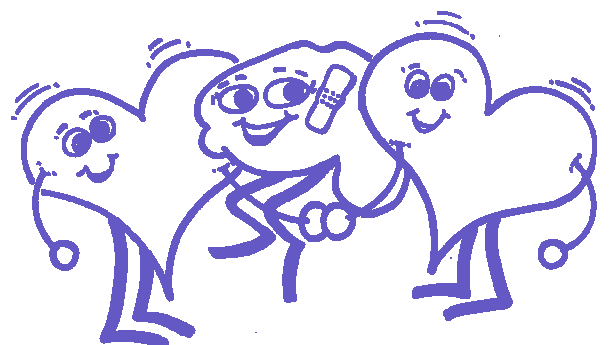
To attend a session join us at a designated group session. Additional information is available on our website, or email/phone us with your questions. We look forward to welcoming you @ a session soon.

Families4Families

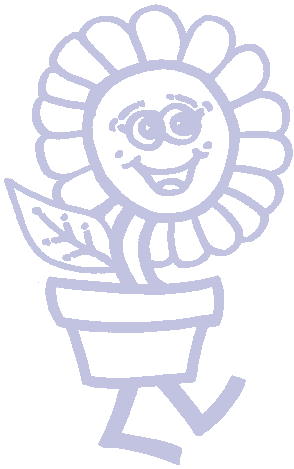
Acquired Brain Injury Support Network

0433 388 250

families4families.org.au



ABI and Mental Health



Acquired brain injury is an accepted cause of depression with many people suffering from depression after their injury. What is less well known is that family members of people with ABI are far more likely than others to also suffer from mental health challenges including depression and anxiety. In this session we discuss what depression is, how it can be diagnosed and ways in which it can be managed. We also discuss support available, websites and other relevant resources. Our program has been developed by a Flinders University rehabilitation lecturer from the School of Medicine and is based on current best-practice research and knowledge.

DIRC Evening Group	18 July 5.30 - 7.30 pm	DIRC, 195 Gilles St, Adelaide.
Barossa Group	23 July 10 am - 12 noon	Carers Link Barossa, 15 Second Street, Nurioopta.
Mt Gambier Group	4 October 9.30 - 11.30 am	Leadlight Room, Main Corner Complex, Mount Gambier.
The Corner Group	8 November 10 am - 12 noon	The Corner Uniting Church, Warradale.

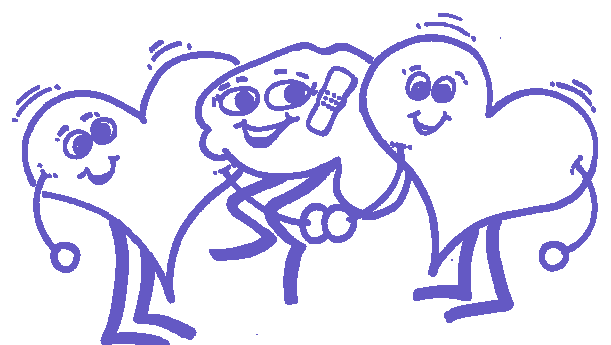
To attend a session join us at a designated group session. Additional information is available on our website, or email/phone us with your questions. We look forward to welcoming you @ a session soon.

Families4Families

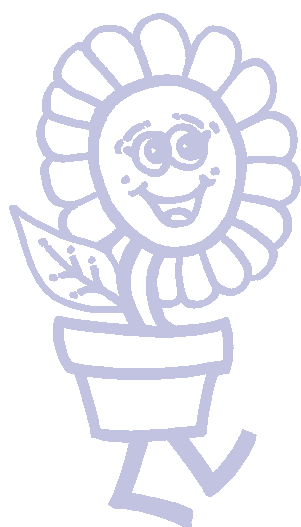
Acquired Brain Injury Support Network

0433 388 250

families4families.org.au



Loss and Grief Following ABI



Acquiring brain injury is a challenging journey for any individual as well as their family members, friends and supporters. This major change brings with it a range of issues, and it is important we understand that any change results in perceptions of loss and resulting grief. In this session we discuss the nature of loss and how it is often experienced as well as grief and mourning. While presented in a general way, this session enables our Network members to recognise their own journey of loss and grief, and to realise the highly individual nature of these journeys. We specifically talk about the changes brought by acquired disability, and its relevance to loss and grief for each family impacted by ABI. Course content has been developed by a qualified Rehabilitation Counsellor and is based on leading edge brain injury research.

Barossa Group	28 May 10 am - 12 noon	Carers Link Barossa, 15 Second Street, Nurioopta.
Mt Gambier Group	31 May 9.30 - 11.30 am	Leadlight Room, Main Corner Complex, Mount Gambier.
Southern/Fleurieu Group	10 June 10 am - 12 noon	Pinetree Cottage Farm, Myponga (as held on this public holiday, includes farm visit).
Eyre Peninsula Group	14 June 10 am - 12 noon	TBC, Port Lincoln.
DIRC Group	20 June 5.30 - 7.30 pm	DIRC, 195 Gilles St, Adelaide.
The Corner Group	28 June 10 am - 12 noon	The Corner Uniting Church, Warradale.
Enfield Group	19 August 10 am - 12 noon	Enfield Community Centre.

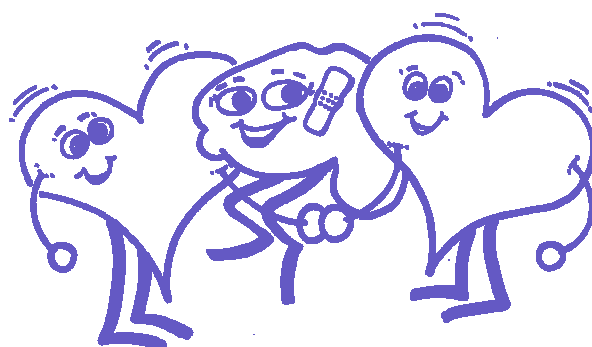
To attend a session join us at a designated group session. Additional information is available on our website, or email/phone us with your questions. We look forward to welcoming you @ a session soon.

Families4Families

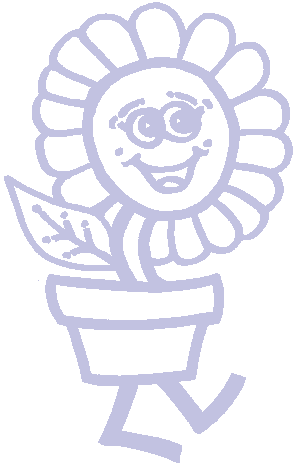
Acquired Brain Injury Support Network

0433 388 250

families4families.org.au



Supporting Someone with ABI Whilst Supporting Yourself: Carer Session



Supporting someone with acquired brain injury can be a rewarding journey but is not without challenge. In this session we discuss some qualities that are helpful when supporting others, some of the issues that arise subsequent to disability acquisition in the family, and suggestions for taking care of the carer. We will be encouraging discussion amongst family members and friends about issues such as boundaries, managing your own mental health, and the importance of respite, relaxation and breaks. Our content has been developed Flinders University School of Medicine Disability Lecturer who is also a qualified Rehabilitation Counsellor.

Mt Gambier Group	23 August 9.30 - 11.30 am	Leadlight Room, Main Corner Complex,
DIRC Evening Group	15 August 5.30 - 7.30 pm	DIRC, 195 Gilles St, Adelaide.
Southern/Fleurieu Group	9 September 10 am - 12 noon	Sellicks Community Hall.
Eyre Peninsula Group	20 September 10 am - 12 noon	TBC, Port Lincoln.
Barossa Group	24 September 10 am - 12 noon	Carers Link Barossa, 15 Second Street, Nurioopta.
Enfield Group	18 November 10 am - 12 noon	Enfield Community Centre.

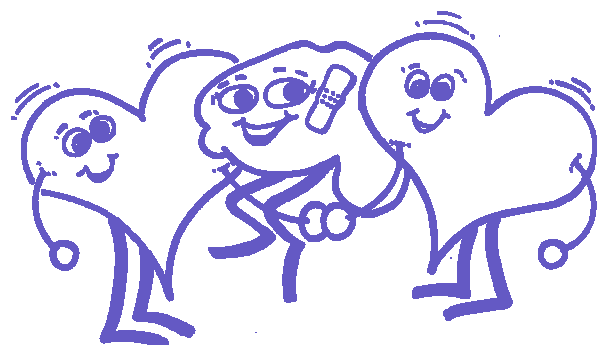
To attend a session join us at a designated group session. Additional information is available on our website, or email/phone us with your questions. We look forward to welcoming you @ a session soon.

Families4Families

Acquired Brain Injury Support Network

0433 388 250

families4families.org.au



How to Navigate the ABI System: An Overview of the Health, Rehabilitation, Disability & Carer Systems

When a family is impacted by ABI, it can feel like entering a whole new world full of unknown terminology, financial change and challenge, and a range of systems that need to be understood, interpreted and adapted for your specific circumstances. The difficulty of this process cannot be underestimated, and can be overwhelming. This session provides an overview of how 'the system' works as researched and understood those with significant lived experience. It will not answer every question, but it will provide a thorough overview of the health, rehabilitation, disability and carer systems - all relevant to families impacted by ABI across our State. In addition to an overview of these systems, suggestions will also be provided on how to best access the supports that may be available under each of them. This program has been developed by the Network's Program Manager, who has many years of lived ABI carer experience as well as a background as Accountant and University Business Lecturer, with contributions from various system professionals.

Southern/Fleurieu Group	8 April 10 am - 12 noon	Sellicks Community Hall.
DIRC Group	11 April 5.30 - 7.30 pm	DIRC, 195 Gilles St, Adelaide.
Mt Gambier Group	19 April 9.30 - 11.30 am	Leadlight Room, Main Corner Complex, Mount Gambier.
Barossa Group	23 April 10 am - 12 noon	Carers Link Barossa, 15 Second Street, Nurioopta.
The Corner Group	24 May 10 am - 12 noon	The Corner Uniting Church, Warradale.
Enfield Group	27 May 10 am - 12 noon	Enfield Community Centre.
Eyre Peninsula Group	13 June 2 - 4 pm (TBC)	TBC, Port Lincoln.

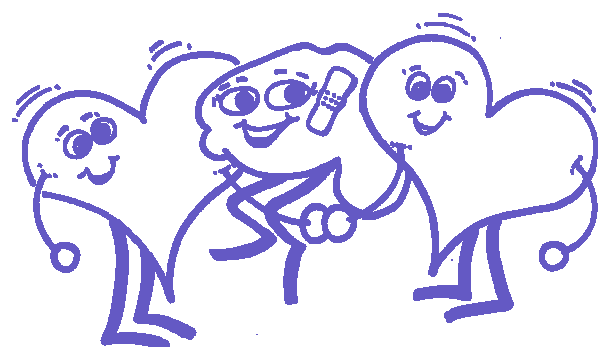
To attend a session join us at a designated group session. Additional information is available on our website, or email/phone us with your questions. We look forward to welcoming you @ a session soon.

Families4Families

Acquired Brain Injury Support Network

0433 388 250

families4families.org.au



ABI Funding 101: Experiences of the Disability System

Gaining resources and financial support for your family when it is impacted by ABI can be difficult, and the process involved in successfully gaining this support is often misunderstood and seems impossible. In this session, a family member with lived experience in gaining supports provides an overview of Disability Services (called Community and Home Support SA, part of the Department for Communities and Social Inclusion) outlining: terminology, methods of gaining support, case management principles and methods that may lead to positive outcomes. Current practices are discussed, along with simple methods of improving your chances of a successful funding request outcome. While not all specific questions can be covered, a thorough general overview of the system will be helpful to most of our families. Developed by the Network's Program Manager, with contributions from various system professionals, you will gain a clear understanding of whether you are being supported adequately by Disability Services, and Individualised Funding will also be briefly discussed.

Southern/Fleurieu Group	8 July 10 am - 12 noon	Sellicks Community Hall.
DIRC Group	12 Sept 5.30 - 7.30 pm	DIRC, 195 Gilles St, Adelaide.
Mt Gambier Group	12 July 9.30 - 11.30 am	Leadlight Room, Main Corner Complex, Mount Gambier.
Barossa Group	18 June 10 am - 12 noon	Carers Link Barossa, 15 Second Street, Nurioopta.
The Corner Group	2 August 10 am - 12 noon	The Corner Uniting Church, Warradale.
Enfield Group	16 Sept 10 am - 12 noon	Enfield Community Centre.
Eyre Peninsula Group	19 Sept 2 - 4 pm (TBC)	TBC, Port Lincoln.

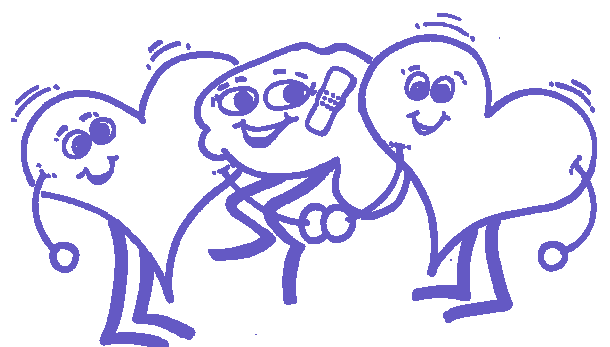
To attend a session join us at a designated group session. Additional information is available on our website, or email/phone us with your questions. We look forward to welcoming you @ a session soon.

Families4Families

Acquired Brain Injury Support Network

0433 388 250

families4families.org.au



Self-Managed Funding: Lived Experience & How It Can Work 4 U!

The Phase One Self-managed Funding Initiative was established in 2010 by the Department of Communities and Social Inclusion in SA. Self-managed funding approaches, also known as individualised funding, have been recognised as one way in which governments can enable greater choice for people with disabilities. This first development phase is finishing in 2013, and its successor Individualised Funding is being established in March 2013. This session will enable families impacted by ABI to hear about how self-managed funding works from one family that was included in the first 70 people selected for the Phase One trial. Detailed examples of the required worksheets, acquittals and other requirements are provided, along with a clear overview of the benefits derived by this family via its participation. The course content has been developed by the Network's Program Manager, who has accounting qualifications and lived self-managed funding experience

Enfield Group	17 June 10 am - 12 noon	Enfield Community Centre.
Barossa Group	27 August 10 am - 12 noon	Carers Link Barossa, 15 Second Street, Nurioopta.
Southern/Fleurieu Group	14 Oct 10 am - 12 noon	Sellicks Community Hall.
DIRC Group	5 December 5.30 - 7.30 pm	DIRC, 195 Gilles St, Adelaide.

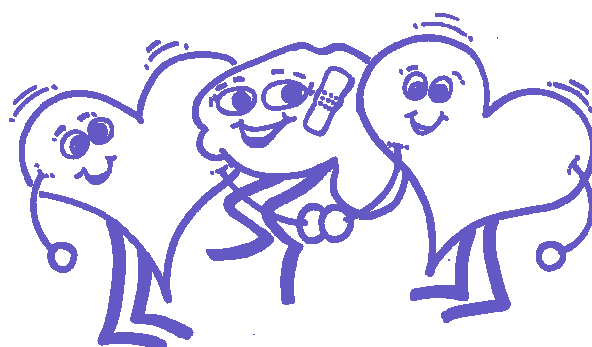
To attend a session join us at a designated group session. Additional information is available on our website, or email/phone us with your questions. We look forward to welcoming you @ a session soon.

Families4Families

Acquired Brain Injury Support Network

0433 388 250

families4families.org.au



Financial Management & Budgeting: Surviving the Short-Term Financial Impact of ABI

When a family is impacted by ABI, the overnight change in their financial situation can be extreme. From security to bankruptcy, from employment to Centrelink, one single event can wreak havoc on life plans and it can leave you feeling like you are drowning in the financial stress. This session will focus on the initial challenges faced in the early days subsequent to injury, such as dealing with banks, changing financial expectations and circumstances, emergency arrangements, guidelines for superannuation fund applications, compensation basics (if MVA is the cause of injury), Centrelink claim basics, insurance claims and other opportunities for surviving this extremely changed financial situation.

All advice will be general in nature, with more information and resource directions available. While the focus of the session will suit those early in the ABI journey, it will still be relevant for families some time post-injury and these families may also be able to provide suggestions and supports to those in the early stages of this dramatic life, and financial, change. The session content has been developed by the Network's Program Manager, who has accounting qualifications and lived experience in dramatically changed financial circumstances after her husband sustained a severe ABI.

Enfield Group	15 July 10 am - 12 noon	Enfield Community Centre.
Southern/Fleurieu Group	12 August 10 am - 12 noon	Sellicks Community Hall.
The Corner Group	11 October 10 am - 12 noon	The Corner Uniting Church, Warradale.

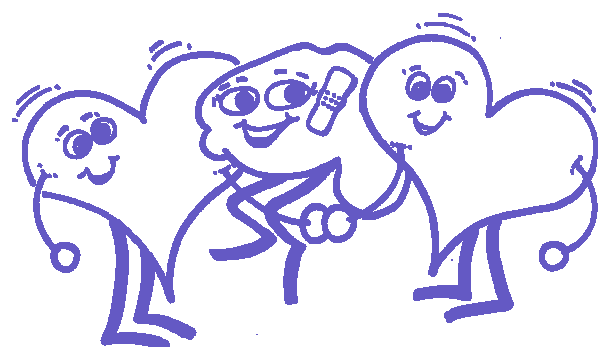
To attend a session join us at a designated group session. Additional information is available on our website, or email/phone us with your questions. We look forward to welcoming you @ a session soon.

Families4Families

Acquired Brain Injury Support Network

0433 388 250

families4families.org.au



Financial Management & Budgeting: Surviving the Long-Term Financial Impact of ABI

After the initial emergency has eased, families impacted by ABI frequently have dramatically changed financial circumstances. This will often result in at least one family member being on a Centrelink payment such as the Disability Support Pension (DSP). Living on a fixed income is never easy, and when this occurs without the ability to plan and when others were dependent on the person with ABI, it is a significant challenge requiring creativity, information and commitment.

A key focus is ongoing financial management and budgeting basics including discussions on the role of money in our lives and our relationship with it. Also covered will be a range of opportunities for additional funds that may be accessible to your family, such as one-off grants available in various situations that can give additional support much needed in these changed financial times. The course content has been developed by the Network's Program Manager, who has accounting qualifications and lived experience in raising a family on the pension.

Enfield Group	21 October 10 am - 12 noon	Enfield Community Centre.
Barossa Group	22 October 10 am - 12 noon	Carers Link Barossa, 15 Second Street, Nurioopta.
DIRC Group	7 November 5.30 - 7.30 pm	DIRC, 195 Gilles St, Adelaide.
Southern/Fleurieu Group	9 December 10 am - 12 noon	Sellicks Community Hall.

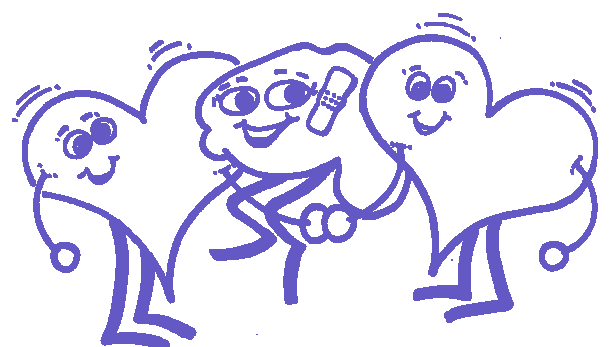
To attend a session join us at a designated group session. Additional information is available on our website, or email/phone us with your questions. We look forward to welcoming you @ a session soon.

Families4Families

Acquired Brain Injury Support Network

0433 388 250

families4families.org.au



Successful Advocacy for Yourself or Your Family

Advocacy is the act of supporting or arguing in favour of an issue, idea, cause or person. When a family member is impacted by acquired brain injury, frequently a large part of the family carer/supporter role is in advocating for the needs of their loved one. Survivors of brain injury, we believe, are also often able to advocate on behalf of themselves, individually, and this is called self-advocacy. This session provides an overview of advocacy skills and gives examples of situations where you can utilise these skills for improved outcomes for yourself or your loved one. We will also give a listing of additional resources in case you need help to advocate for specific services or supports. This program has been developed by the Network's Program Manager, who has many years of lived ABI carer experience including successfully advocating for DS funding, rehabilitation access, equipment and grant applications.

DIRC Group	10 October 5.30 - 7.30 pm	DIRC, 195 Gilles St, Adelaide.
Southern/Fleurieu Group	11 November 10 am - 12 noon	Sellicks Community Hall.
Mt Gambier Group	15 November 9.30 - 11.30 am	Leadlight Room, Main Corner Complex, Mount Gambier.
Barossa Group	26 November 10 am - 12 noon	Carers Link Barossa, 15 Second Street, Nurioopta.
Enfield Group	16 December 10 am - 12 noon	Enfield Community Centre.

To attend a session join us at a designated group session. Additional information is available on our website, or email/phone us with your questions. We look forward to welcoming you @ a session soon.

Families4Families

Acquired Brain Injury Support Network

0433 388 250

families4families.org.au

