

## Transitional Living Programs

NSW Brain Injury Rehabilitation Program

A specialised brain injury rehabilitation service for people with traumatic brain injury



### KEY

- 1 New England, Tamworth
- 2 Hunter, Newcastle
- 3 Southern Area, Goulburn
- 4 South West, Albury
- 5 Royal Rehab, Ryde
- 6 Liverpool
- 7 Mid Western, Bathurst

**Recovery and rehabilitation after a brain injury can be complex. Some people can return to pre-injury lifestyles while others will need to make significant adjustment and changes.**

**Some people have lifelong disabilities in communication, physical function, thinking and behaviour that affect expectations, hopes, dreams and plans for their future.**

### PURPOSE

A Transitional Living Program (TLP) is a time limited, person centred and goal focused series of planned interventions to improve individual outcomes following brain injury.

### CLIENT GROUP

TLPs are primarily for people with a brain injury who:

- have a moderate to severe brain injury from trauma
- are aged 16-65 years
- live in the catchment area of their local TLP
- would benefit from a specialised and integrated brain injury rehabilitation program that has a focus on functional and psychological independence and community participation.

### THE PROGRAM

The program is tailored to meet the needs of each person to:

- reduce the impact of impairments
- learn and apply useful strategies for managing impairments in everyday living, decision making and social participation
- establish local supports and needed services to maximise independence.

### REFERRAL AND ADMISSION

- Most people are referred by the inpatient BIRP or acute hospital when they are medically stable and able to do all or most of their own self-care.
- Early referral to the TLP closest to where the person lives can reduce the length of the inpatient hospital stay.
- Information about the TLP is provided to the client and family to assist with planning and transfer of care.
- Timing of admission depends on recovery and rehabilitation needs.

### THE TLP TEAM

- Clients and their family are integral members of the TLP team.
- Individual program goals will determine the configuration of the TLP rehabilitation team.
- The TLP rehabilitation team can include allied health clinicians, dedicated TLP staff and various health and non-health staff involved in the achievement of individual goals.

### BENEFITS OF A TLP

- Practise therapy in everyday living situations.
- Increased understanding of the client and family about the impact of the brain injury.
- Specialised therapy and support is available to increase needed skills in independence, personal care, domestic tasks, speech and social communication, memory and physical abilities in their local community.
- Problems can be identified and addressed as they arise.
- Rehabilitation progress is reviewed and goals may change over time.
- Strengthen connections with family, friends and local community during recovery.
- Provides opportunities to meet others who have similar experiences.
- A TLP can be provided in response to changing circumstances or living arrangements at different life stages.

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## REHABILITATION PLANNING

The TLP rehabilitation team works collaboratively with the person and important people in their life to establish goals that guide interventions. Goals are documented and available so that everyone is clear about how the goals are being achieved.

The TLP can involve assessment, individual therapy, group activities and a mix of home and community experiences. Support needs can be explored, risks assessed, strategies implemented and practised.

The TLP includes regular meetings to review and update goals, address any barriers to goal achievement and ensure that everyone involved is moving in the same direction.

## TLP STRUCTURE

Seven dedicated TLPs are provided by metropolitan and rural BIRPs across NSW. This provides options for facility based TLP Monday to Friday or home and community based TLPs.

- Facility stays are particularly useful for clients moving home for the first time; in need of more intensive transitional rehabilitation than can be provided while living at home and, to manage the barriers of transport and distance.
- Weekend leave during a facility stay provides further opportunities to engage with family and friends.

## TLP DISCHARGE

People are usually discharged from the TLP when their goals have been achieved and any necessary referrals for home support and community-based services have been accepted and established.

At this time BIRP services may continue with a transition to, or re-engagement with, the BIRP community team and/or case manager.

## COSTS

No direct payment is required for a TLP stay. Some costs may be incurred for personal items and program activities such as leisure pursuits. When people meet different insurance scheme criteria then payments are made to NSW Health for services provided in accordance with the relevant policy and schedule of fees.

## CONTACT

Contact the relevant TLP coordinator to discuss the needs of the client, initiate a referral and obtain specific information for the client and family about their local TLP.

Location	Phone
Albury	02 6041 9902
Bathurst	02 6330 5114
Goulburn	02 4823 7911
Liverpool	02 8738 5495
Newcastle	02 4924 5600
Ryde	02 9807 1144
Tamworth	02 6767 8350

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