

# Brighton Brain Injury Service

Specialist rehabilitation for adults with a moderate to severe acquired brain injury.

Location: Ebbtide House, Brighton Health Campus,  
Brighton

Phone: (07) 3631 7640

**Metro North**  
Health



**Queensland**  
Government

## What is brain injury rehabilitation?

Rehabilitation following a brain injury is an important component of recovery. Rehabilitation is an active process where the patient, their family and/or carers, work together with an interdisciplinary team of specialised clinicians to enhance independence and quality of life. An acquired brain injury can impact a person in a variety of different ways. Consequently, the rehabilitation journey will be personalised and may differ in design and duration compared to other people who have experienced a brain injury.

## What you can expect at the Brighton Brain Injury Service.

Following discharge from acute care, the Brighton Brain Injury Service will be the next step in the rehabilitation journey. The team will work with the patient and their family/carer to identify their rehabilitation priorities and set achievable individualised goals.

The interdisciplinary team will meet regularly to discuss each patient's rehabilitation progress and goal attainment. Patients may be allocated a "Case Manager", who will be the key point of contact within the team and will provide guidance to the patient and their family/carers throughout their stay in the Brighton Brain Injury Service.

As required, a family meeting with the treating team and other key stakeholders will be arranged to discuss progress and discharge planning. Once the patient has completed their intensive period of rehabilitation in the Brighton Brain Injury Service they may remain in the unit while the next steps in their rehabilitation journey are finalised, and discharge planning completed.



## What is expected from you?

During the patients stay in the Brighton Brain Injury Service their rehabilitation will involve participation in a scheduled therapy program. Therapy appointments will be updated regularly within the patient's rehabilitation schedule. Therapy can consist of individual or group sessions with the allied health team, clinical assistants, and student clinicians. The patient may also be provided with independent or supervised programs to practice outside of scheduled therapy times.

Rehabilitation will be goal directed and aimed at maximising functional ability and enhancing your quality of life. The rehabilitation team will work in partnership with patients and their family/carers to develop an individualised rehabilitation program that will support them to work towards their goals.

## The Rehabilitation Team

The Brighton Brain Injury Service has an interdisciplinary rehabilitation team including:

- **Consultant Rehabilitation Medicine Specialist and medical team:** Medical specialists who will oversee rehabilitation in the Brighton Brain Injury Service and are responsible for medical care.
- **Nursing:** A Nurse Unit Manager, Clinical Nurse Consultants, and registered nurses will provide compassionate 24hr care during the rehabilitation journey. Supporting all the patients' clinical needs.
- **Physiotherapy:** Physiotherapists work with the patient to assess and manage physical impairments caused by the acquired brain injury and help optimise function.
- **Occupational Therapy:** Occupational therapists will work with the patient to enhance their functional independence. This can involve the prescription of specialised equipment to improve the patient's ability to complete activities of daily living.
- **Dietetics:** Dietitians are experts in food and nutrition. Nutrition is an important part of rehabilitation, and the dietitian will work with the patient and their family/carer to ensure optimal nutritional support to achieve their goals.
- **Social Work:** Social workers will support the patient and their family/carers to navigate government systems and services (e.g., NDIS). They will assess individual circumstances and provide education, emotional support, grief counselling and link patients to relevant resources as required. They will also assist with discharge planning, including finding appropriate accommodation and supports during transition back to the community.

- **Speech Pathology:** Speech pathologists are experts in assessing and treating issues with communication and swallowing, associated with brain injuries.
- **Clinical Psychology:** Clinical psychologists will help with understanding some of the emotions that accompany a diagnosis of an acquired brain injury and the associated impairments.
- **Pharmacy:** The Pharmacist will review medications and help with medication advice during the patients stay and when discharged from the service.
- **Music Therapy:** Music therapists utilise music as an intervention to stimulate brain functions involved in movement, cognition, speech, emotions, and sensory perception working on rehabilitation goals.
- **Allied Health Assistants:** Help support the allied health practitioners with rehabilitation activities.



### During your rehabilitation you can also access additional services, including:

- **Podiatry:** Podiatrists are experts in the assessment and management of the foot, ankle and lower limb. They can help manage lower limb impairments to improve your function and independence.
- **Rehabilitation engineers:** Rehabilitation engineers may be required for complex equipment and assistive technology needs. They can provide advice, build, or modify assistive technology and mobility equipment to suit a patients' personal needs.
- **Prosthetists and orthotists:** The allied health team may recommend braces or splints to support rehabilitation priorities. Prosthetists and orthotists are specialised clinicians who can help design and fit functional aids to meet individual patient requirements.

## What to bring

Safe, appropriate, and comfortable clothing that can be worn when exercising including underwear. Fourteen (14) sets of clothes is recommended.

- It is recommended that the patient has some warm clothes as it does sometimes get cold in the unit.
  - It is requested that family launder the patients clothing during their stay. A Metro North laundry service is also available if required.

- Safe, comfortable, appropriate, and well-fitting footwear such as joggers / runners.

- Night attire and toiletries (toothbrush, toothpaste, soap, shampoo, conditioner, deodorant, tissues, shaving kits, creams/lotions). Note: Incontinence aids will be provided as required.

- Any other items you usually use at home – walking aids, wheelchairs, pressure relieving cushions, splints, pressure garments, glasses, hearing aids, dentures, iPad/tablet/phone (free Wi-Fi is available). Don't forget to bring any chargers for electronic devices.

- Please bring all current medications, including vitamin supplements and herbal medicines so the doctor and pharmacist can review them.

*Please ensure that all the personal items you bring to the Brighton Brain Injury Service are clearly labelled.*



## Rehabilitation Facilities

Services provided at the Brighton Brain Injury Service are tailored to the specific rehabilitation needs of each individual patient. The Brighton Brain Injury Service has a fully equipped interdisciplinary neurorehabilitation gym located onsite, with wheelchair accessible functional treatment spaces. Other facilities located onsite include rehabilitation space to help to prepare the patients transition to their home environment or other discharge destinations.

### Brighton Brain Injury facilities include:

- Interdisciplinary gym and wheelchair accessible functional treatment spaces.
- Therapy kitchen space.
- Single patient rooms with shared ensuite
- Sensory assessment and treatment room.
- Specialist seating and positioning clinic.
- Assistive technology assessment clinic.
- Recreation areas and gardens including access to the Brighton foreshore and parklands.



## Other Services

- Every room on the ward can access a bedside TV. There is a communal dining and lounge area with a TV.
- The Brighton Café is located on site and is open Monday to Friday, from 8:00 am – 1:00 pm. These hours may be subject to change. There is also a small complex of shops nearby.
- The **Moora View Healing Garden** is located next to Brighton Brain Injury Service. There is a rotunda with shade and a concrete footpath to the rotunda. There is seating in the shade in the rotunda and natural sandstone seating in the sun next to the path.



## Spiritual and Cultural Needs

We respect everyone's cultural background, customs, and spiritual beliefs. On admission, patients and their families/carers will be asked how they can be assisted with their cultural and spiritual needs. Pastoral care services are available to all patients.

The Brighton Health Campus multi-faith room is available to individuals and small groups of staff, families, and patients, to use for quiet reflection and worship. The multi-faith room is open 24/7, seven days a week. Visiting hours are 7:00 am to 4:00 pm. For after-hours access please contact Brighton Health Campus security on 3631 7547.

Aboriginal and / or Torres Strait Islander patients can access the Indigenous Health Services within Community and Oral Health. The staff in this service provide cultural support, including advocacy, for Aboriginal and / or Torres Strait Islander patients, while implementing and supporting activities and actions that are aimed towards closing the gap in health status and life expectancy of Aboriginal and or Torres Strait Islander People. The Indigenous Health Services within Community and Oral Health consist of:

- Aboriginal and Torres Strait Islander Health Team
- Social Worker
- Nurse Navigator

The service also provides cultural support to the workforce ensuring culturally appropriate services are being delivered to Indigenous patients.



## Interpreter Services

Interpreter services are **available at all Queensland Health hospitals and health centres 24 hours a day, at no charge to the patient.** They help by relaying spoken information between the patient/ family and the health practitioner, either: on-site—physically present at the time, or through video conference.

## Visiting Hours

We encourage family and friends to visit during the patients stay. Visiting hours are flexible and can vary depending on the needs of the patient. The Brighton Brain Injury Service is an intensive neurorehabilitation environment, so it is important that there is adequate opportunity to rest between rehabilitation activities.

It is recommended that visitors coordinate their visiting times around the patient's rehabilitation program. This can be found on their rehabilitation therapy schedule. Please be aware that therapy times may change due to patient/staff requirements.

Family and friends are encouraged to be involved in the patient's rehabilitation. If family are interested, please speak to the Brighton Brain Injury Service staff about specific visiting arrangements.



## Meals and tea/coffee rounds

Three main meals (breakfast, lunch and dinner) will be provided daily. Morning, afternoon tea and a late supper are also offered daily. Beverages and snacks are available throughout the day as required. Alternate menu choices are available and can be supported through consultation with your dietitian. Food services staff can assist with selection and pre-ordering of meals, in conjunction with the dietitian to ensure the maintenance of an appropriate diet.

## Smoking



The Brighton Health Campus is a non-smoking facility. Brighton Brain Injury Service staff will not assist patients to access smoking areas offsite. The team are happy to assist with smoking cessation if support is required. Patches can be provided at no cost while admitted to the unit.

## How much does it cost?

There is no charge associated with a rehabilitation admission to the Brighton Brain Injury Service. If the treating team assesses that the main reason for the patient's admission has changed from rehabilitation to waiting for support services (e.g., home modifications, or accommodation), then the service is required to charge a daily "maintenance" fee.

Maintenance fees are not applicable until the patient has been in hospital longer than 35-days. This 35-day period is calculated from the start of their inpatient admission, which may be before you move to Brighton Brain Injury Service.

## Location

The Brighton Brain Injury Service is located in Ebbtide House on the Brighton Health Campus, overlooking Moreton Bay with direct access to the Brighton Foreshore Parklands.

## Parking

Free off-street parking is available on-site at the Brighton Health Campus and can be accessed via the main entrance located on the Hornibrook Highway.

## Public Transport

Public transport access to Brighton Brain Injury Service is very convenient. Bus stops are located adjacent to the campus, on the Hornibrook Highway. The nearest railway stations are at Sandgate and Shorncliffe, with bus connections available. Visit [www.translink.com.au](http://www.translink.com.au) or call 13 12 30 for timetable and service information.

## Way to Go

Way to Go is a new Patient and Visitor portal making your care journey easier. This portal is a one stop shop for important information relevant to you during your stay within our facility.

Keep up to date with:

- Australian Charter of Healthcare Rights: What to expect when receiving health care.
- Ryan's Rule: 3 Step process to raise concerns if a health concern is getting worse or not improving.
- COVID-19 changes to visiting our hospitals.

To access this portal:

1. Scan the QR Code or go to [www.metronorth.health.qld.gov.au/waytogo](http://www.metronorth.health.qld.gov.au/waytogo)
2. Start your health journey.
3. Add to your home screen for future use.

## Have your say – your feedback is important.

The quickest way to raise a concern or provide a compliment is to speak to a member of staff involved in the patients care. To provide written feedback scan the QR code or [www.metronorth.health.qld.gov.au/community/contact-us](http://www.metronorth.health.qld.gov.au/community/contact-us) to provide written feedback. This feedback form is for any services received in Community and Oral Health, Metro North Health.



- Do you have any suggestions for improving what we do?
- Tell us about the main concern?
- Tell us what we did well?

Consumer Liaison Officer contact details: Email: [COH-CLO@health.qld.gov.au](mailto:COH-CLO@health.qld.gov.au) or Mobile: 0436 841 603.

