



Brighton Brain Injury Service

Specialist rehabilitation for younger adults with an acquired brain injury. Supporting patients and their families to achieve realistic rehabilitation goals and transition to community-based living.

Location: Ebbtide House, Brighton Health Campus, Brighton

Phone: (07) 3631 7640

**Metro North
Health**



**Queensland
Government**

What you can expect

Rehabilitation:

Within your first few days on the unit, you will undergo assessment and the team will work with you and your family to set individualised goals and help you achieve them.

The multidisciplinary team meets regularly to discuss your progress. You may be allocated a “Case Manager”. This is a member of the team who will be a point of contact for you and your family and will provide you with regular updates on behalf of your team.

As required, a family meeting with the treating team and other key stakeholders will be arranged to discuss progress and discharge planning. Once your Rehabilitation has finished, you may be cared for in the Community Pathway while your discharge planning is being completed.

Community Pathway:

The Community Pathway supports your transition from rehabilitation to home if required. The Pathway has a team of Allied Health professionals to assist you to maintain your gains from the rehabilitation phase and support your transition to the community.

What is expected from you?

Rehabilitation is goal directed and aimed at maximising functional ability. The team will work in partnership with you and your family to develop an individualised rehabilitation program and will support you to work toward your goals.

The Team

- Patients/Family/Friends/Carers
- Doctors
- Physiotherapists
- Occupational Therapists
- Speech Pathologists
- Neuropsychologist/Clinical Psychologist
- Pharmacists
- Operational staff



- Nurses
- Dietitians
- Social Workers
- Allied Health Assistants
- Administration Officer
- Volunteers
- Music Therapist
- Recreation Officer

What to bring

- Safe, appropriate, and comfortable clothing that can be worn when exercising including underwear. Ten (10) sets of clothes is recommended. Family are requested to launder your clothing.
- Safe, comfortable, appropriate, and well-fitting footwear such as joggers / runners.
- Night attire and toiletries (soap, shampoo, conditioner, deodorant, tissues, shaving kits, creams/lotions). Note if assessed as incontinent, aids will be provided where appropriate.
- It does get cold sometimes in the unit, it is recommended that you also bring some warm clothes.
- 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 WiFi is available, don't forget headphones and chargers. NB. You are responsible for your belongings.
- Please bring all your current medications, including vitamin supplements and herbal medicines so your doctor and pharmacist can review them.

Smoking

The Brighton Health Campus supports a “No-Smoking” policy. Brighton Brain Injury Service staff will not assist patients to access smoking areas offsite. The team are happy to assist with smoking cessation if you require support. Patches can be provided at no cost while admitted to the unit.

Meals and tea/coffee rounds

You will have three main meals per day with morning and afternoon teas as well as late supper. Beverages and snacks are available throughout the day as required. You will be encouraged to enjoy main meals in the central dining area. Menu choices are available and food services staff can assist you with selection and pre-ordering to ensure you maintain an appropriate diet.

How much does it cost?

If the treating team assesses that the main reason for your stay has changed from rehabilitation to waiting for support services, home modifications, or accommodation, we are required to charge a daily “maintenance” fee.

Maintenance fees are not applicable until you have been in hospital longer than 35 days. The 35 days is calculated from the start of your inpatient admission which may be before you move to Brighton Brain Injury Service.

Visiting Hours

Visiting hours are flexible, and vary from ward to ward. Some wards/areas have restricted visiting hours due to the nature of care being provided in that particular clinical area and most wards have rest periods. Visitors can ask ward staff about the particular visiting arrangements for the ward where their relative or friend is staying.

It is recommended that your visitors coordinate their visiting times around your rehabilitation program. This can be found on the 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 your rehabilitation. If family are interested, please speak to the staff to determine options.

Other Services

- There is a communal dining and lounge area with a TV. Bedside TV's are available for use and are free of charge.
- 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, you will be asked how we can assist you to meet your 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, patients and residents 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

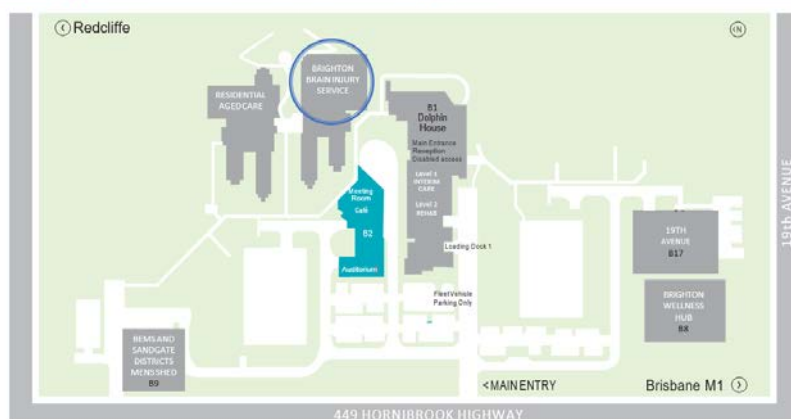
The service also provides cultural support to the workforce ensuring culturally appropriate services are being delivered to Indigenous clients.

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.

Location

Brighton Health Campus



Parking

Parking is available on-site at the Brighton Health Campus.

Public Transport

Public transport access to Brighton Brain Injury Service is very convenient. There are several bus stops along Beaconsfield Terrace. Visit 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
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 your care. Or scan the QR code below or go to 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 your main concern?
- Tell us what we did well?

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

