

Brain Injury and Brain Injury Rehabilitation

Brain Injury Rehabilitation Unit

What is a brain injury?

Brain injury includes many conditions that can change how your brain works. Acquired brain injury includes both traumatic brain injury (an injury caused by trauma to the head) and non-traumatic injury (events such as stroke, hypoxia, and infection). Brain Injury can change the way you think, communicate, your physical abilities, how you behave, and interact with others. These changes are unique to each person.

What is Brain Injury Rehabilitation?

Rehabilitation is an important step in your recovery following a brain injury. It focuses on achieving the goals that matter most to you and your family. The amount of time you need for rehabilitation will be different from others.

The Journey of Recovery



Returning Home After a Brain Injury

The timeframe for your discharge from hospital will be determined by a wide range of factors that differ for every person. As the inpatient rehabilitation stage of recovery comes to an end; the rehabilitation team will plan and support you to discharge home. Returning home can be complex, exciting, and challenging as a person navigates daily tasks and adjusts to changes in cognitive

and physical abilities. Mostly, someone with a brain injury will return to living in their usual home. Sometimes 'home' changes depending on the ongoing impacts of a person's brain injury. You might need to find somewhere more accessible or with more support available at home. A supportive network of family, friends, and healthcare professionals is essential to help with the transition and provide ongoing support.

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More Information

