

Surgical Treatment and Rehabilitation Service

Brain Injury Rehabilitation Unit (STARS BIRU)

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.

STARS BIRU

The STARS BIRU is located on the fifth floor at STARS. Take the lift to Level 5 and turn left toward 5A. For the safety of patients, this is a secure ward. When you arrive, press the intercom button on the left-hand side of the door to enter the ward.

There is a mix of single and shared rooms. Therapy is provided in the Ability Centre or quiet therapy spaces on the ward. Meals are served in the communal dining room. There are lounge and outdoor spaces available, to spend time with those visiting you.

Intercom on left at entry to 5A



Patient Room



Ability Centre



Doctors and nurses are on site 24 hours a day, 7 days a week. STARS BIRU offers a 6-day therapy program. The allied health team includes physiotherapists, occupational therapists, speech pathologists, dietitians, social workers, rehabilitation engineers, psychologists, neuropsychologists, and clinical assistants. Cultural capability officers are available to assist Aboriginal or Torres Strait Islander families and advocate for your specific cultural needs. If you have concerns regarding your care or stay at STARS BIRU these can be escalated to the Nurse Unit Manager (NUM). Please speak with the administration officer for the ward who will be able to put you in contact with the NUM.

What does a day in rehabilitation look like?

Rehabilitation is an active process where you will work with your treating team to improve your independence and function. Therapy can consist of individual or group sessions with the allied health team, clinical assistants, and student clinicians.

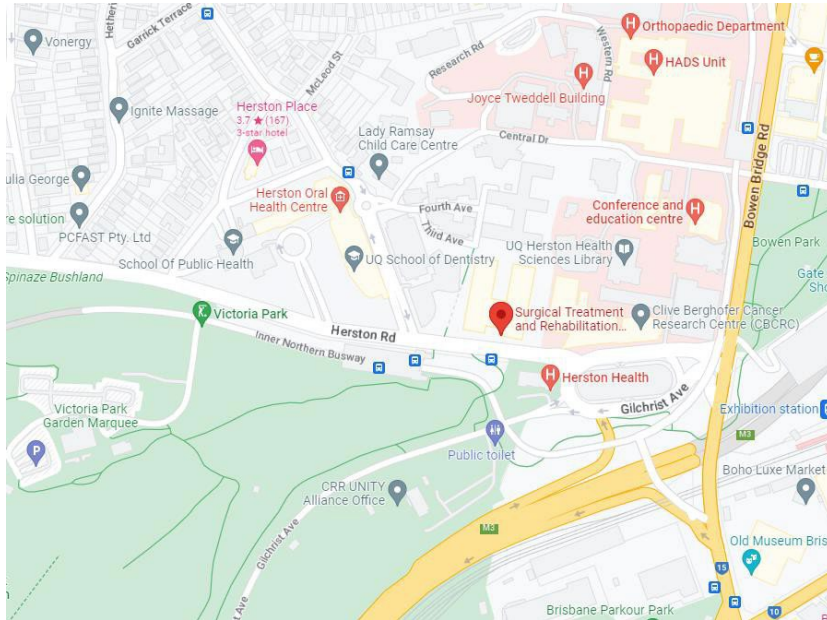
You will have therapy in many different spaces whilst at STARS. These can include: your room, the Ability Centre, the low stimulus Ability Centre, the therapy kitchen, balconies, consultation rooms, outdoor gym spaces and when appropriate and the general community.

You may be provided with independent or supervised programs to practice outside of scheduled therapy to increase the amount of practice you're able to do.



Getting to STARS

The main entrance to STARS is located at 296 Herston Road, Herston. There is a two minute, drop off area at the front of the building at the main entry. STARS has a carpark on site (charges apply), which can be accessed from the end drop off area. The Herston Busway is located opposite STARS. Further information available on the STARS website.



Maps, Directions and Parking



Concessional Parking and Transport



Contact Details

STARS General Enquiries: 07 3647 7111

Ward 5A Reception: 07 3647 6753

You have been seen by the Brain Injury Rehabilitation Assessment and Triage Team and were referred to STARS BIRU.

Brain Injury Rehabilitation Unit Doctor

Clinical Nurse Consultant

Nurse Unit Manager

More Information



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What to bring to brain injury rehabilitation

Recommended items to smooth your transition into rehab are listed below. If you are unable to bring in any of the items below, let the team know when you arrive, and we can help source if required. Please ensure all items are labelled. Valuables should be left at home.

Clothing

- 3-5 outfits for wear during the day (comfortable, easy to put on / elastic waist, suitable to exercise in)
 - pyjamas for night-time wear x 3
 - underwear
 - shoes (comfortable, well fitting, suitable to walk outdoors, not thongs or slides)
 - socks
 - glasses, hearing aids, dentures
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Toiletries

- toothbrush and toothpaste
 - shampoo / conditioner
 - hairbrush
 - deodorant
 - grooming / shaving items
 - feminine hygiene products
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Familiar Items

- photos of family and friends
 - reminders of home (pillow, blanket)
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Mobile Phone & Electronic Devices

Please speak to the team to identify if it's appropriate to have your mobile phone or other electronic devices with you.

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