

TOP FORM REHABILITATION PROGRAMME

– for people with brain injuries



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Independent Living Ltd runs the only Brain Injury Rehabilitation day programme in the Wellington area. The programme operates 3 days per week from our Phillip Street Centre, which is located in Johnsonville, Wellington.

This programme works to maximise an individuals potential by:

- Enabling individuals to transition from treatment/rehabilitation programmes provided by post concussion clinics, hospitals or rehabilitation institutions into community activities before moving on to vocational programmes or supported living programmes (if appropriate).
- Educating individuals (or reaffirming previous education) in order to provide them with the necessary strategies they require to cope with the deficits they are experiencing as a result of their injury so that they may further increase or maintain their level of independence.
- Participation in a wide range of community based activities with other individuals who also have a Brain Injury or comparable diagnosis.
- Allowing opportunities for peer support and encouragement from the other attendees to further increase or maintain their level of independence.
- Developing an individualised attendance plan with specific targeted goals in conjunction with the individual to either improve or maintain functional ability.
- Participation in a wide range of functional activities, eg meal preparation/sports & recreation/gardening/carpentry/project work/art/music/computer skills to challenge their physical and cognitive deficits in order to further increase or maintain their level of independence.
- Frequent reassessments – adjustment of goals enabling the individual to work towards independence in daily living activities and to work towards voluntary or paid employment (if appropriate).



MONDAY, WEDNESDAY & THURSDAY GROUP PROGRAMMES

These are all run by an Occupational Therapist and Rehabilitation Coach and are based at the Phillip Street Centre, Johnsonville, Wellington.

Hours of operation: Between 9.30am to 3.30pm.

The programmes provide the individual with:

- The opportunity for cognitive development which involves but is not limited to: planning, organising and implementation of activities, the use of visual and auditory memory, and the learning of new skills by participating in a range of community based activities.
- The opportunity to overcome difficulties such as fatigue and noise intolerance by exposure in a moderated environment.
- Peer support and encouragement.
- A structured routine, diary management (if required).
- Nutritional information/healthy eating.
- The opportunity to increase their independence with Activities of Daily Living such as budgeting, cooking, hygiene, etc.
- Behaviour management via feedback and individual specific programmes targeting difficulties.



MONDAYS

Unlike Wednesdays and Thursdays this day is divided into two halves. In the morning clients attend a Health and Fitness Programme at City Fitness gym in Johnsonville followed by morning tea at the Phillip Street Centre.

Each individual is assessed by a Health and Fitness trainer. An individual programme is then developed to enhance a person's strengths and minimise weaknesses physically.

Following the gym clients' return to the Independent Living base to prepare, cook and eat lunch followed by a community based activity in the afternoon.



THURSDAY GROUP PROGRAMME

Independent Living has introduced a programme to provide opportunities for clients with higher needs related to their disability. This group will provide a range of meaningful and purposeful activity based on:



- Music therapy
- Massage therapy
- Thai Chi

In addition to the range of activities that are also offered on the other 2 days.

FREQUENTLY ASKED QUESTIONS

Q. How is the programme accessed?

A. Via referral from the appropriate funding source, ie ACC or Ministry of Health. For individuals who are not eligible to receive funding assistance from either ACC or Ministry of Health, please contact Independent Living Ltd direct.

Q. Who runs the programme?

A. Occupational Therapists, Physiotherapist, Registered Nurse, Rehabilitation Coaches, Personal Trainer, Music Therapist and Tai Chi Instructor all are involved in the running of the programme.

Q. Who attends the programme?

A. Individuals who have sustained a Traumatic Brain Injury or who have a comparable diagnosis, aged between 18 and 65 years old attend the programme.

Q. Introduction process – How do I know which group suits my needs?

A. An Occupational therapist will contact you prior to attending the programme. During this meeting they will discuss with you what each group has to offer and they will assist you in identifying your own personal goals that you would like to work on. This will help in deciding which group will best suit your needs.

Q. Can the programme be used as a transition into the workplace or other community based programmes?

A. Most definitely, the programme provides an excellent opportunity to build up individuals skills in a supported environment prior to transitioning into the workplace or other community based programmes.