

# BRAIN INJURY AND STROKE REHABILITATION



## YOUR GUIDE

to choosing the right brain injury  
rehabilitation service for you or your client

An initiative of ONE Rehabilitation Service



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*You deserve a  
rehabilitation provider  
who has the right  
combination of*

***expertise***

***professionalism***

***passion***

***and care***

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*Having the right kind  
of support is **crucial**  
for your rehabilitation  
journey.*



Searching for the right provider can be very overwhelming! The options might seem limitless!

**No two providers are the same,**  
but how do you know what sets them apart?

We've created this handy guide to help you feel **informed and prepared** so that you can choose a rehabilitation provider that meets your needs.

Whether you're just starting your rehabilitation journey or are looking for a change - we hope this guide **helps you to know what to look for** as you narrow down your search.





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## EXPERIENCE

*Brain injury is often complex –  
no two brain injuries are the same!*

It's important to have a rehabilitation provider that has **significant experience** in the area of brain injury to maximise your success.

You should also consider whether the provider has a **specific focus on brain injury rehabilitation** (experts in the field!) or whether they service a broad range of client groups and may not have robust experience with brain injury.

The best outcomes come from using **evidence-based approaches** that are backed up in research. It might be handy to ask your provider how they are using these and keeping up to date with new evidence.

# QUESTIONS TO ASK

1 How much experience do you have in brain injury?

2 Is your service specific to brain injury rehabilitation or do you see a broad range of client groups?

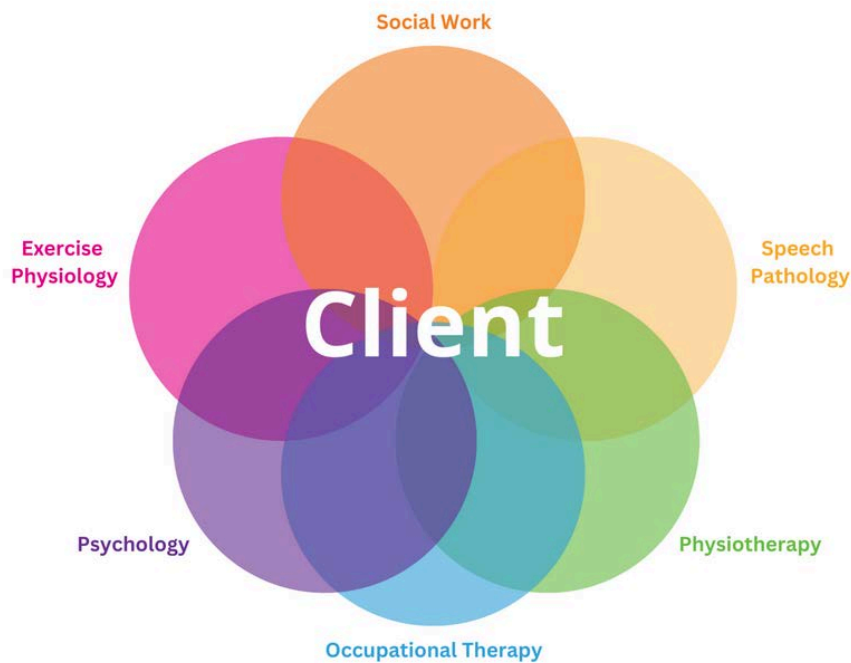
3 What is your scope of practice? Which areas will you refer to me to a different provider to address?

4 Do you value evidence-based interventions?

5 How do your therapists keep up with the latest evidence?

6 How are your therapists supervised?

7 What are my options if I'm not happy with the care I receive?



## TEAMWORK

Rehabilitation teams who work together are **more efficient!** When all your therapists work under the same roof, they are able to problem solve, plan and set “big picture” goals as a whole team!

### *What does interdisciplinary mean?*

‘Interdisciplinary’ work means therapists from different disciplines (e.g. occupational therapy, speech pathology, physiotherapy, exercise physiology, psychology, social work), along with the client, will **work collaboratively** as a team on your goals.

Research and experience shows that **this approach is most effective** for brain injury rehabilitation.



# QUESTIONS TO ASK

1 Do you work as an interdisciplinary team?

2 What therapies can I access through your service?

3 How will my therapists work together? How often do they meet to discuss cases?

4 How will my therapists communicate with each other, myself and the other members of my wider team and support network?



# GOAL SETTING

*Setting goals is a **crucial first step** to making progress in your rehabilitation journey.*



Finding a provider who supports you to set goals that are **achievable and meaningful** to you is important.

Goals should be focused on the areas of your life that you want to get back to!



**Bigger picture goals** allow you to focus on what is meaningful to you, with all of your **therapists working together to get you there.**



When all of your therapists are **on the same page**, working together to make your goals the priority, you are more likely to **feel motivated and see change.**

*A provider who **values hope** and listens to what you want to achieve is a great ingredient to moving forward with your life!*



## QUESTIONS TO ASK

- 1 How will you help me to set goals?
- 2 How do you record goals and help me measure my progress?



# ENVIRONMENT

## *Clinic*

It's important to feel **comfortable in the clinic space** if this is where you will attend your therapy sessions. Consider the facilities available, the supportiveness of the staff and rooms that meet your sensory and physical needs.



*Research shows us that rehabilitation is most effective when it can be provided in a **range of different locations and contexts.***

## *Community*

For many people, sessions in their **own home or local community** can make therapy more meaningful!

Getting out of the formal, clinic environment can give you an opportunity to practice real-life skills in real-life locations! Consider choosing a provider that is willing to travel to you and target sessions to real-life, meaningful activities and locations.



## *Support Network*

Including your **family members, support network, and/or support workers** in therapy will have a big impact on your learning of new skills and how well you can practice outside of sessions!

You might want to ask a provider how they will include support people into your therapy to help **you carry over skills to your everyday life!**

## QUESTIONS TO ASK

1 Do you provide sessions in a clinic – what facilities do you have available?

2 Are there spaces I can use easily with my physical and sensory needs?

3 Can you provide therapy in my home and my community?

4 Will my support person/people be able to participate actively in my therapy? What support do you offer them?



# RESOURCES & TECHNOLOGY

New technologies are continually being developed to help people with brain injuries make gains physically, cognitively and in communication.

There is plenty of **research evidence to support the use of technologies** in upper and lower limb rehab as well as cognitive and communication rehab.



Providers with **access to new and upcoming technologies** can provide options for different therapy formats.

You might even want to explore whether the provider offers any intensive programs using technology to introduce you to this.

*Working with technology can improve motivation!*

# QUESTIONS TO ASK

1 Do you incorporate technology into rehabilitation programs? Are there any specific programs/services available which use technology?

2 What technology do you have access to?

3 What benefits have you seen through your technology programs?

4 Are there any other resources you have access to to support my rehab?



# OTHER CONSIDERATIONS

## *Funding*

Make sure the provider accepts payment from your current funder.

## *Cost*

Ask about the cost of services and any policies that relate to payment.

## *Comfort*

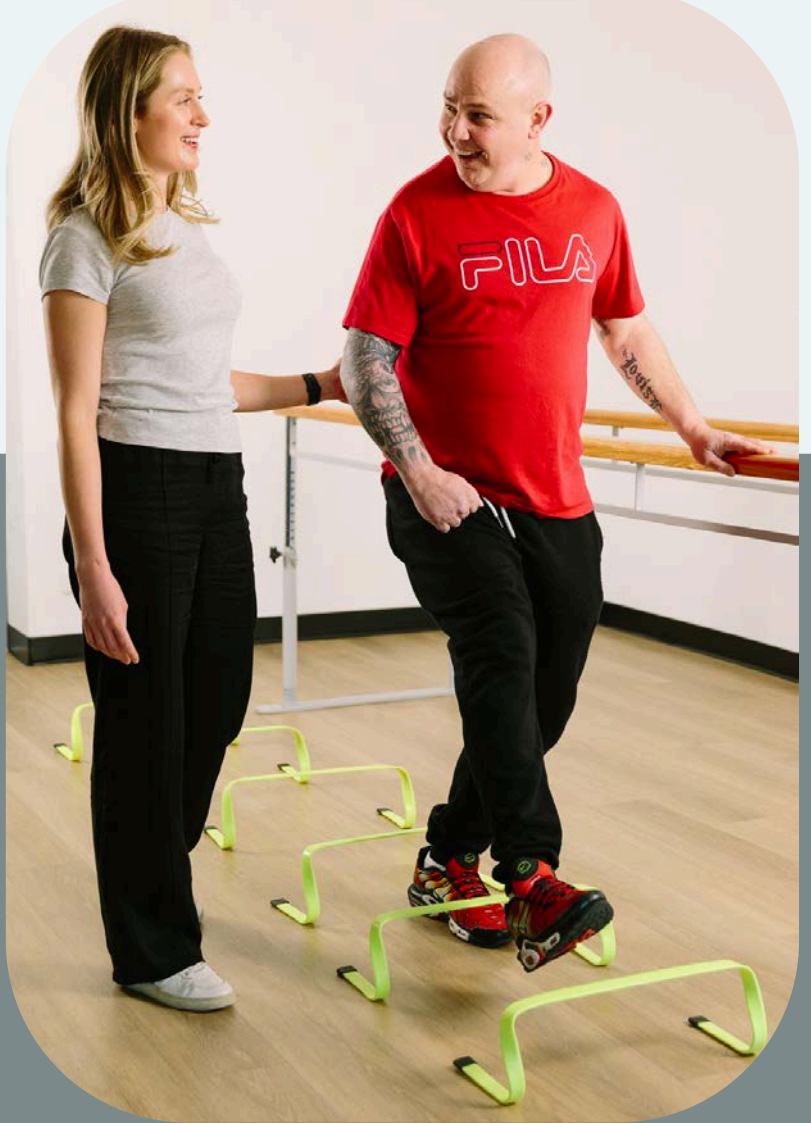
It's important to feel comfortable during your therapy sessions! Feeling at home with your therapy provider can make a big difference in your progress.

Some providers might offer a 'meet and greet' opportunity so you can get a feel for the clinic and people and decide whether you are comfortable.

*Have a think about whether your provider 'clicks' with you!*







## QUESTIONS TO ASK

1 Do you accept funding from NDIS, LSA, RTWSA, iCare, TAC, insurance, private paying etc?

2 What is your costing?

3 Do you offer a meet and greet opportunity so I can get to know the clinic?

# CHECKLIST

Do they have experience and success working with brain injury?	Yes	No
Is the service specific to brain injury rehabilitation or do they see a broad range of client groups?	Yes	No
Do they value evidence-based interventions and keep up with the latest evidence?	Yes	No
Do they offer an interdisciplinary team?	Yes	No
Do team members communicate efficiently with each other and the rest of my support network?	Yes	No
Do they support me to set meaningful and achievable goals for my rehab?	Yes	No
Will they work together to achieve 'bigger picture' goals?	Yes	No
Are they able to see me in clinic, home and community?	Yes	No
Do the clinic facilities meet my needs?	Yes	No
Will my support person/people be able to participate actively in my therapy?	Yes	No
Do they offer access to new technology to assist my rehab?	Yes	No
Do they offer a meet and greet opportunity to get to know the clinic?	Yes	No
Do they accept payment from my funder?	Yes	No





## About ONE Rehabilitation Service

ONE Rehabilitation Service is an interdisciplinary team of allied health professionals with many years of experience providing rehabilitation and disability services to people with Acquired Brain Injury (ABI), Stroke, Concussion and other Neurological Conditions.



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