

Transitional Living Unit Fact Sheet

The South West Brain Injury Rehabilitation Service (SWBIRS) runs a centre based rehabilitation program for adults with traumatic and acquired brain injury. Clients may attend a day program or stay overnight dependant on their circumstances and goals. The program is run from 'Tarkarri' - a house located in the suburb of Lavington. "Tarkarri" is a Koori word meaning "future".

Tarkarri accommodates up to 4 residents. Each resident has their own room and shares living, kitchen, and bathroom areas with the others.

Tarkarri helps people re-establish themselves back into the community. Our program aims to:

- Provide a structured and supportive environment where the skills for living independently are renewed
- Provide education focused on understanding and managing the changes being experienced
- Support both the family and the person who has suffered the brain injury in adjusting to their new situation
- Create a plan for transitioning back to social and recreational activities, work, and study

We work with each resident to develop a tailor made rehabilitation program focussed on their own goals and needs. The therapy team consist of professionals with extensive skills and experience in neuropsychology, occupational therapy, speech pathology, and physiotherapy. This means we can work with you and the family to develop a range of programs focused on improving:

- thinking skills such as concentration, memory, and problem solving
- communication skills
- independent living skills
- social interaction and behaviour skill
- physiotherapy and fitness
- community involvement
- leisure participation; and
- work readiness

This person centred, team approach encourages clients and families to be actively involved in developing and participating in their own rehabilitation process. Living Skills Educators (LSE) support each resident to continue to develop their own skills and strategies outside of the formal therapy program.

Information is correct at time of printing.

January 2019

Tarkarri is staffed 24 hours per day. The South West Brain Injury Rehabilitation Service (SWBIRS) welcomes opportunities to discuss and exchange ideas—including family meetings where goals and strategies are developed.

Support after Discharge

Planning for discharge begins as soon as possible after admission. The aim is for you to be well prepared to return to the community and with appropriate supports in place if required.

On departure from TLU, please be sure you are clear about:

- Instructions about medication
- Any follow up appointment
- Rehabilitation Plan
- Any information for your family or carers
- Who to call in case you have questions or an emergency

Feedback and how to give it


Staff are committed to continuous quality improvement. They appreciate that comments, complaints and feedback provide an excellent opportunity to understand our service from your perspective.

You may want to comment on a positive experience or report an issue so that it can be followed up and acted upon to prevent similar problems occurring with others. You can do this by speaking to the TLU Coordinator during your program.

You will be invited to complete a feedback survey at the end of your rehabilitation program.

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