

TASMANIAN ACQUIRED BRAIN INJURY SERVICES INC.

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Volume 8, Issue 1 April 2009

TABIS INFORMATION SESSIONS – ALL WELCOME

“General Legal Questions and Answers”

Presenter – Ms Anya Stock, Principal Solicitor, Launceston Community Legal Centre

“Centrelink Issues”

Presenter – Mr Gary Bissland, Solicitor for Welfare Rights Advocacy Service

“Wills and Power of Attorney”

Presenter – Ms Anya Stock, Principal Solicitor, Launceston Community Legal Centre

Full details on page 2.

CARERS SUPPORT GROUP DATES

12th May

9th June

14th July

11th August

Full details page 3

“Gearing Up” Expo on recreation, employment, training and education options.

There’s also a sausage sizzle!

Tuesday 7th April

12 noon to 5pm

Full details page 4

CLIENT ACTION GROUP

Any TABIS clients interested in joining a client action group are encouraged to contact the office on 63262022.

If there is sufficient interest it will meet monthly.

It will be run by clients.

It will use the power of numbers to further your issues.

It will offer group support when required.

It may pursue recreation, sporting and social options.

Its members might decide to apply for group funding grants.

It could raise concerns with government, council, Centrelink, health and others.

It will be based on mutual respect, support and member ownership.

OUR SPONSORS



INFORMATION SESSIONS – ALL WELCOME

A speaker will be invited each month to give talks at the TABIS office on topics of interest to clients, their family and carers. Plenty of time will be given to answering questions from the audience.

Over the next three months the talks will be:-

Wednesday 15th April, 12.30-2pm

“General Legal Questions and Answers”

Presenter – Ms Anya Stock, Principal Solicitor, Launceston Community Legal Centre

Wednesday 13th May, 12.30 – 2pm

“Centrelink Issues”

Presenter – Mr Gary Bissland, Solicitor for Welfare Rights Advocacy Service

Wednesday 24th June, 12.30 – 2pm

“Wills and Power of Attorney”

Presenter – Ms Anya Stock, Principal Solicitor, Launceston Community Legal Centre

The speakers are fully committed to these times. However, if travelling a long distance it is recommended you phone the office on the day to confirm there have been no cancellations due to factors such as illness.

These information sessions are at the TABIS office

288 Invermay Road (Corner of Invermay Rd & Beatty St)
Mowbray 7248
(The old Centrelink building)

Plenty of free parking in Beatty Street in front of the office or in the car park at the back.

Please phone TABIS on 63262022 and ask for Paul if you are interested and want more details about these talks.

Carers Support Group

This group commenced on 9th September 2008. It meets on the second Tuesday of each month in the Phil Leonard Room of the Launceston Library, second floor.

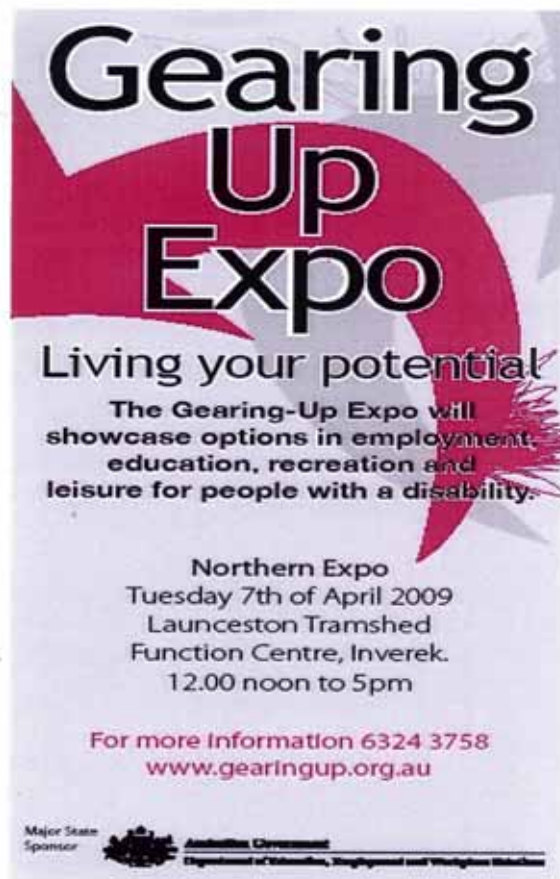
Carers providing any amount of support for someone with an acquired brain injury are welcome to attend and enjoy the benefits of this group. One of the main comments from regular members is that they enjoy the support and understanding of others facing similar challenges.

The sessions are from 10am to 12noon. There is usually a confidential sharing time followed by morning tea and a guest speaker. It is a relaxed, friendly get together with each person having time, if they choose, to talk about issues, share information and advice as well as have plenty of quality time with speakers. Numbers range from 4 to 6 at present.

The next meetings are on:

- April - The group agreed to cancel due to Easter Holidays.
- 12th May - Karen McKenzie from Carelink will give a short talk and group discussion on respite and support options (**10am**).
- 9th June - Informal get together at Woofies Cafe below Macquarie House. This is opposite Henty House. Do not meet at the library this month (**10.30am for this month only**).
- 14th July - Kim Hambly the Disability Discrimination Legal Advocate Will give a talk and answer questions about rights of people with an ABI (**10am**).
- 11th August- Emily Cortez-McCall from Carers Tasmania will give a talk on "Coping with Mood Swings" followed by a group discussion (**10am**).

Please phone Paul at TABIS on 63262022
if you would like more information.



The Gearing Up Expo will provide information on the education, training, employment and recreational options available in Northern Tasmania for people with a disability or an ongoing health condition.

The target audience for this event includes: people with a disability, parents and carers of people with a disability, students and teachers, career advisers, service providers, employers and the general community.

Gearing Up offers an excellent opportunity to meet service providers and organisations, find out what is available, general networking and to be inspired by others. All this in one easy location. The busy program at the Launceston Expo includes Choir of High Hopes, Shine; the Arts Access Link puppet show, Queen of Tasmania Arts Bus will be on show, Wheelchair Sports, Rotary Club of Central Launceston sausage sizzle and back by popular demand Kev's Bikes.

Tuesday 7th April 2009
12pm - 5pm
Inveresk Tram Shed, Launceston.

People living in the northern suburbs who are over 50 years old are invited to the following free activities.

Organised by Colony 47 and the Northern Suburbs Community Centre

Tail Race Park & Walk

Seals Cafe for tea, coffee, scones and Easter Eggs

1 Waterfront Drive, Riverside

Thursday 9th April 2009, 12.30pm

Lunch, desert and guest speakers

Sunny Hills, Ravenswood

Thursday 23rd April 2009, 10.30am – 1.30pm

Tai Chi & Lunch

1 Archer St., Rocherlea

Thursday 28th May 2009, 11am -1.30pm

Free bus transport has been organised from Mowbray and Rocherlea.

For any enquiries about bus times or the events please phone Northern Suburbs Community Centre on **63265506**

Helpful Free Services Available

LifeLine ... 131114 (Trained phone counselling service- 24 hours daily)

Legal Aid Advice Line 1300 366 611 (A solicitor giving general phone advice)

Legal Aid Clinic ... 1300 366 611 (Free assistance in criminal law matters)

Sane ... 1800 18 7263 (Mental health help, advice and information, 9am – 5pm Monday - Friday)

Private counselor (up to 18 visits funded by Medicare-ask your doctor)

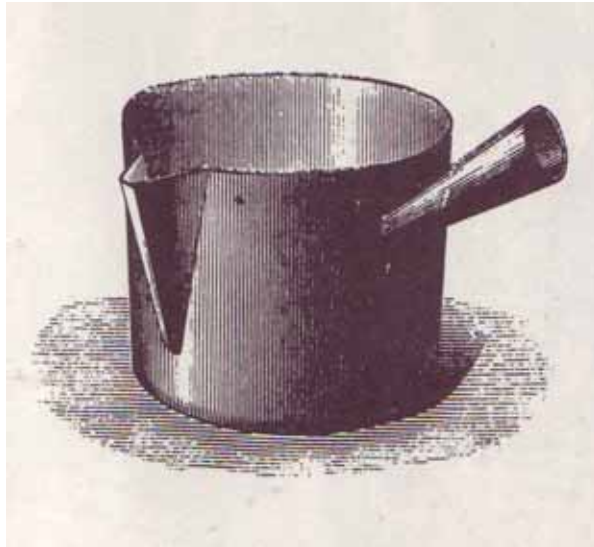
Disability Discrimination Legal Advocate ... 63341 577 (Free complaints support)

Welfare Rights Advocacy Service 6334 1577 (Support with Centrelink complaints)

City Mission ... 48 Frederick Street (Breakfast & lunch \$2 or \$3, (Monday - Friday)

This is a basic list of a few of the services frequently used by TABIS clients. There are many free services available to meet individual needs. Your TABIS Client Service Provider can assist in finding services specific to your needs. We can also give you fuller details about what the above services offer.

Cooking with Steve & Dianne



*Wondering what's in the pot?
ring Dana for details on
6326 2022*



Art with Jonathan

*Bring out the artist within you
with guidance from Jonathan.*

*It's on every Wednesday from
10am - 12pm*

*Ring Dana for more details
On 6326 2022*

PERSONAL PERSPECTIVE OF A BRAIN INJURY

A quote I heard on Christian Radio has helped me accept my brain injury. The quote is, “personal contentment is a process not a decision”. This is my process towards acceptance of my condition.

I was fleet maintenance controller and coordinator for the city of South Melbourne for ten years. I was highly regarded by depot management and town hall administration. A move to Volvo paid more and was a friendly work environment where we all worked well together. Unfortunately they went into receivership during ... “the recession we had to have”.

Work was found as a mobile mechanic then I came to George Town for a job interview. The job was not the one I wanted but I decided to stay as Tasmania was ideal for me, my wife and two young daughters.

In 1996 I had a stroke. Previous to this my long term memory was well intact and it still is. Short term memory is a problem. It is inconsistent. The memory of what happened five minutes ago comes and goes.

Part of my rehabilitation has been accepting my limitations. Actions that have helped include a change of doctors, a different approach to lifestyle habits, and observing myself.

Depression was a big problem I largely overlooked until Robyn, my ex-wife left and my father died on the same day. I wandered around contemplating what to do next. I hit the bottle, got drunk, hoping that when I sobered up everything would be better and everything was a bad dream.

I moved into a one bedroom flat. One day a woman asked me and my neighbor if any of the flats were for rent. We sat and spoke for hours and this woman is now my wife, Susan. We have been together every since and I think we complement each other.

Personal contentment is an inner process that is different for everyone. We all have our needs and responses. We all have our own view of what our comfortable place is.

My process has brought me to a place where I can cope with just about anything. Very few things scare me. I manage to avoid most situations of unpleasantness. I usually see them coming but sometimes I can get caught. So far so good.

BRAD





DISCLAIMER

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TABIS

APRIL 2009

Accepting Yesterday, Building Today, Improving Tomorrow

| MON | TUES | WED | THUR | FRI |
|---|--|--|---------------------------------|--|
| | | 1 ART PROGRAM Outreach at Bicheno and St Marys | 2 GYM COOKING WITH STEVE | 3 |
| 6 | 7 GYM "GEARING UP" EXPO AT THE INVERESK TRAM SHED 12PM - 5PM | 8 ART PROGRAM Outreach at East Tamar Outreach at St Helens | 9 GYM COOKING WITH STEVE | 10 GOOD FRIDAY Holiday  |
| 13 EASTER MONDAY Holiday  | 14 EASTER TUESDAY Holiday  | 15 ART PROGRAM Outreach at Bicheno and St Marys | 16 GYM COOKING WITH STEVE | 17 |
| 20 | 21 GYM | 22 ART PROGRAM Outreach at East Tamar Outreach at St Helens | 23 GYM COOKING WITH STEVE | 24 FISHING AT OLD MAC'S FARM  |
| 27 | 28 GYM | 29 ART PROGRAM Outreach at Bicheno and St Marys | 30 GYM COOKING WITH STEVE | |

Schedule of Events

Art Tuition by
Jonathan Bowden
10.00am - 12.00 noon
Cost \$5.00

Gym Program
Rehabilitation with
Don McDonald
Tuesday 9.00am - 12.00 noon
Thursday 11.30am - 1.00pm

Cooking with Steve
Cosgrove Park
Meet at office 9.15am
Cooking 9.30am
return to office 1.00pm
Cost \$10.00

Outreach Program
(Contact office for appointments)
Areas we visit include:
East Tamar, West Tamar,
Scottsdale, Deloraine,
Meander Valley,
Break O'Day and
Glamorgan/Spring Bay

TABIS MAY 2009

Accepting Yesterday, Building Today, Improving Tomorrow

| MON | TUES | WED | THUR | FRI |
|-----|-----------|--|---------------------------------|--|
| | | | | 1 |
| 4 | 5 GYM | 6 ART PROGRAM Outreach at East Tamar Outreach at St Helens | 7 GYM COOKING WITH STEVE | 8 |
| 11 | 12 GYM | 13 ART PROGRAM Outreach at Bicheno and St Marys | 14 GYM COOKING WITH STEVE | 15 |
| 18 | 19 GYM | 20 ART PROGRAM Outreach at East Tamar Outreach at St Helens | 21 GYM COOKING WITH STEVE | 22 |
| 25 | 26 GYM | 27 ART PROGRAM Outreach at Bicheno and St Marys | 38 GYM COOKING WITH STEVE | 29 ROAD TRIP TO DEVONPORT with Bilco - leave TABIS 9.30AM Cost \$8.00 |



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TABIS

JUNE 2009

Accepting Yesterday, Building Today, Improving Tomorrow

| MON | TUES | WED | THUR | FRI |
|---|-----------|--|------------------------------------|---|
| 1 | 2 | 3 | 4 | 5 |
| 8 QUEEN'S BIRTHDAY  Elizabeth | | 10 ART PROGRAM Outreach at East Tamar Outreach at St Helens | 11 GYM COOKING WITH STEVE | 12 |
| 15 | 16 GYM | 17 ART PROGRAM Outreach at Bicheno and St Marys | 18 GYM COOKING WITH STEVE | 19 |
| 22 | 23 GYM | 24 ART PROGRAM Outreach at East Tamar Outreach at St Helens | 25 GYM COOKING WITH STEVE | 26 GOLF PUTT PUTT At Grindelwald with Paul 10am at TABIS Cost \$10.90  |
| 28 | 29 GYM | 30 ART PROGRAM Outreach at Bicheno and St Marys | | |

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