



**Reducing the impact of acquired brain disorders in our community.**

## WHAT WE DO

BrainLink Services is a Victorian based service that is dedicated to improving the quality of life of people affected by acquired disorders of the brain.

BrainLink's first priority is to respond to the immediate needs of the families and friends of those who are living with an acquired brain disorder. Some of these conditions include stroke, head injuries, brain tumour and progressive neurological diseases such as Multiple Sclerosis, Parkinson's disease, Muscular Dystrophy, Motor Neurone disease and Huntington's disease.

The services BrainLink offer include:

- A first point of call for families at onset of diagnosis;
- Education support programs for carers and families;
- Innovative and flexible respite opportunities;
- Specialised case management for individuals with severe brain disorders;
- Comprehensive information and resources;
- A referral service to assist the community in navigating the disability service sector.

Caring is a critical job that is often difficult and lonely. Carers need specialized knowledge, skills and assistance. Our programs provide a chance for you to meet with others in a similar situation and to develop support networks so that you no longer have to cope alone.

BrainLink's **education support programs** feature a wide range of service providers and health care professionals who provide:

- Self care strategies for carers;
- Strategies for coping with physical or behaviour changes;
- A road map of the service sector and how to negotiate the maze and
- Strategies for coping with the grief and loss that comes from changed relationships.

All programs are free for families and friends and full respite can be provided.

## Getaways

Scheduling breaks from your care-giving responsibilities isn't being selfish. Your loved one needs you to be at your best so you can consistently provide high-quality care at home. The best part of attending a BrainLink getaway is that respite can be arranged if required; and if you have not used respite before, we are happy to discuss your options with you.



Our motto is **“You deserve to be Pampered”** with a few days of sleep-ins in your own private room, while enjoying gourmet meals, beautiful surroundings, massages, good company, tears and laughter.

### **Your Time Out Relaxation & Wellness Days**

When you lead such a stressful and busy life, its when caring for yourself becomes a high priority. These sessions will give you the tools in breathing, stretching, self massaging, basic yoga postures that can be easily integrated into your day, giving you a greater sense of health and well being.

With an expert instructor on hand to lead these empowering sessions, you will come out feeling revitalised and at ease.



### **Recreation & Leisure Days**

Once you have attended a BrainLink Recreation and Leisure Day, you become part of the BrainLink extended family. We take great pleasure in hosting these fun filled days for all carers. Whether its a luncheon, a walk, a theatre show, trivia or a BBQ, BrainLink provides the opportunity to continually catch up with old friends and make new ones in a safe and supported environment.

## FLEXIBLE RESPITE FUND

Funded to BrainLink from the DHS Eastern Region, the EMR ABI Flexible Respite Fund is aimed at providing financial assistance to a family member or individual to make the carer's role easier.

Payments of up to \$1000 per person per year are allocated to an individual or family living within the **Eastern Region of Melbourne.**

For more information, contact the BrainLink Client Services Manager on 9845-2956.



BrainLink has experienced staff who can provide you with information, resources and suggestions about your situation either over the phone, email or face to face.

Some of the issues that BrainLink can assist you with include:

- Information about what services BrainLink offer to families and carers of those living with an acquired brain disorder;
- Practical referral information about what services are available to families and people living with an acquired brain disorder;
- A comprehensive online service finder to help families locate services within their region and
- Explanatory literature– factsheets and booklets



The information line is open from Monday - Friday from 9:00am to 5:00pm

Phone TOLLFREE: 1800 677 579

Email : [admin@brainlink.org.au](mailto:admin@brainlink.org.au)

Website: [www.brainlink.org.au](http://www.brainlink.org.au)

Visit: 54 Railway Road, Blackburn, VIC, 3130.

(office hours Monday - Friday from 9:00am to 5:00pm)

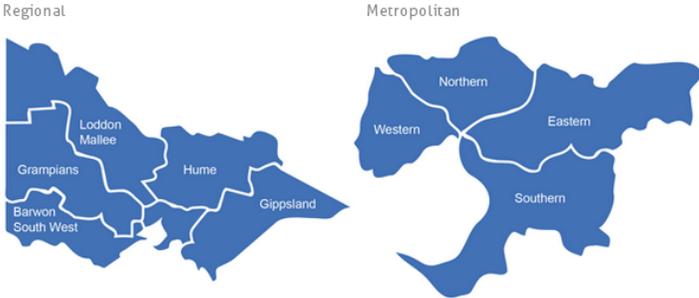
# SERVICE FINDER

The BrainLink Service Finder is aimed at making finding information about services within your area, easy and quick to find.

To use the Service Finder, visit the BrainLink website— <http://www.brainlink.org.au>

SEARCH

ALTERNATIVELY SEARCH BY REGION



BrainLink is dedicated and committed to delivering its services within the DHS Quality standards which are summarized as:

- **Empowerment:** People's rights are promoted and upheld.
- **Access and Engagement:** People's right to access transparent, equitable and integrated services is promoted and upheld.
- **Wellbeing:** People's right to wellbeing and safety is promoted and upheld.
- **Participation:** People's right to choice, decision making and to actively participate as a valued member of their chosen community is promoted and upheld.

QUALITY IS IMPORTANT

## YOUR RIGHTS

### The Victorian Charter of Human Rights & Responsibilities *to protect and promote your rights.*

Recognition and equality before the law

Right to Life

Protection from torture and cruel, inhuman or degrading treatment.

Freedom from forced work

Freedom of movement

Privacy and reputation

Freedom of thought, conscience, religion and belief

Freedom of expression

Peaceful assembly and freedom of association

Protection of families and children

Taking part in public life

Cultural rights

Property rights

Right to liberty and security of person

Humane treatment when deprived of liberty

Children in the criminal process

Fair hearing

Rights in criminal proceedings

Right not to be tried or punished more than once

Retrospective criminal laws

The staff at BrainLink continuously strive to improve the range and quality of our services. Therefore, should you have any feedback, suggestions or concerns you would like to share with us, please contact BrainLink, tollfree on **1800 677 579** or

**email [admin@brainlink.org.au](mailto:admin@brainlink.org.au)**

Feedback is gathered in a variety of formats including:

Over the phone

Email

Postal survey

Face to face

Online (via Survey Monkey)



**YOUR THOUGHTS**

# CONTACT US

**BrainLink Services Limited**

**ABN: 94 121 645 145**

**The Nerve Centre**

**54 Railway Road, Blackburn 3130**

**TOLLFREE: 1800 677 579**

**Website: [www.brainlink.org.au](http://www.brainlink.org.au)**

**Email: [admin@brainlink.org.au](mailto:admin@brainlink.org.au)**

**FACEBOOK: search for BrainLink Services Limited**

**LINKEDIN: search for BrainLink Services**

**TWITTER: @Brain\_Link**