



- ▶ 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 sector
- ▶ LifeMoves - A Victorian Disability Sector award winning Peer Support Program
- ▶ ABD Crisis Liaison Program at three Victorian Hospitals

## Who We Are

### About Us

We are 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 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.

### Contact Us

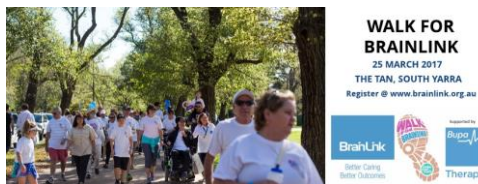
Phone: 1800 677 579

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

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



Better Caring  
Better Outcomes



Better Caring





**LifeMoves** is an 8 week structured peer support program that enables people living with an acquired brain disorder to openly discuss the issues and challenges they face as a consequence of their acquired brain injury and share strategies they have used to deal with them.

The volunteer facilitators of the program are living with an acquired brain disorder, so they bring current lived experience to the group, as well as their training as facilitators.

The program aims to provide participants with a confidential and supported environment in which they can explore the significant challenges they face with others in a similar situation as themselves.

As a result, we hope that participants will gain more confidence and be part a new social network of peers for ongoing mutual support. There is no charge for the program.

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*"We shared our difficulties and we contributed our suggestions to help find solutions. LifeMoves is one of those programs where there is no right and there is no wrong. For those of us who chose not to talk, we listened."*

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## Upcoming LIFEMOVES Programs In 2017

Check our website  
For new programs

For further information, please contact

BrainLink Services  
Free Call (from landline) : 1800 677 579

Lee Kotuhi  
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### **Program duration**

8 weeks, sessions are 2.5 hours per week

### **Program size**

10 to 12 people

### **Facilitators**

Programs are facilitated by volunteers who also have an acquired brain injury. They have attended a **LifeMoves** program and completed peer support and facilitation training.

### **Cost**

Free of charge.

### **Dates**

Please check our website for upcoming program dates.

### **Venues**

All **LifeMoves** programs are held in community venues which are close to public transport and have disabled access and facilities. Please check our website for upcoming program locations.

### **Breaks**

Morning tea or afternoon tea breaks will be provided, as well as food and drinks.