

ASSBI NEWS

December 2023

Issue 85

Working together to improve the lives of people living with brain conditions



ASSBI

Sharing knowledge, Enriching lives

WORDS FROM OUR PRESIDENT



As the year draws to a close (oddly, since it was January only a couple of months ago), it is an opportunity to reflect on the year that's now behind us. It has been a fairly chaotic one in the world of health services and systems, as the widespread consequences of the pandemic have revealed themselves in both expected and unexpected ways. During the pandemic, uncertainty about the future had a focused, crisis quality to it. That has now given way to uncertainty about the way in which our health, disability, social and education systems now operate. In these stormy seas, clarity about our values and guiding principles is all the more important for steering the ship.

One of the things I most love about ASSBI is that we are a community unwaveringly guided by our values. In the recent revamp of our website (which is worth checking out – assbi.com.au), our home page now proudly states our Purpose, which is to improve the lives of people with conditions impacting the brain and their support networks; our Vision, to support maintenance and innovations in knowledge and practice to provide the best possible treatment and care; and our Mission, to support professional development, cross-disciplinary engagement, and strengthen the voice of lived experience. I believe our activities throughout 2023 have enacted these intentions, from the fabulous Darwin conference to our ever-growing suite of evidence-based resources, our BRAINSPaN community of practice, and developing plans for our lived experience sub-committee.

Our recent survey of 2023 conference attendees was informative in guiding some of the intentions we now have for 2024. A majority of the attendees had been loyal attendees of ASSBI conferences for many years, which is wonderful, but we had fewer attendees in their early career. We are now brainstorming ways to encourage engagement with early career clinicians and researchers, and would love to hear your ideas about this. We hope to see plenty of you at the **2024 ASSBI Conference**, to be held in Sydney from 2-4 May 2024 at the Four Seasons Hotel. The program is shaping up beautifully, including a reasonably priced conference dinner with DJ and dancefloor, which is always a personal highlight!

Plans for the Global Neuropsychology Congress in Porto, Portugal in mid-2024 (<https://www.globalneuropsychology.org>), which is jointly hosted by ASSBI, INS, FESN and SLAN, are also progressing well. There will be an excellent program of keynote and invited speakers, symposia and roundtables on a range of contemporary topics. Keep your eye out for the call for abstracts for oral and poster presentations, coming any day now.

I hope that you all have a relaxing festive season enjoying delicious food with family and friends. Let's hope that we all start 2024 restored and ready for whatever the future brings.

Dana Wong, President, ASSBI

EXECUTIVE OFFICER'S REPORT



Please enjoy this newsletter and don't forget to get copy for the first one of 2024 – March Newsletter to me by 15th February 2024.

We've noticed that some people are not receiving emails about the conference and webinars from our registration platform CVENT. If this is happening to you, please action the undernoted:

How can I ensure I receive emails from Cvent?

To ensure you receive important emails from Cvent (and ASSBI), follow the links below to learn how to [whitelist](#) email addresses in email clients:

- Add a contact on [Android](#)
- Add an email address as a Contact in [Apple Mail](#)
- Move an email to the Primary tab in [Gmail](#)
- Add a trusted name to the Safe Senders List in [Outlook](#)
- Add a contact from an email in [Yahoo](#)

Additionally, you can have your tech department [whitelist certain IP addresses](#) for Cvent emails.

Cheers, Margaret Eagers, EO

STRATEGIC PLANNING GROUPS

We are currently reviewing the replies to questions asked at the Our planning groups are meeting regularly to keep our strategic plan on track.

SOCIAL MEDIA



Like us on [Facebook](#),

[Follow ASSBI](#) on X. Become a contact on LinkedIn

If you have anything interesting to report please contact Lizzie, Travis, Aishani or Louisa via assbisocialmedia@gmail.com.

Lizzie Beadle, Travis Wearne, Aishani Desai and Louisa Selvadurai – Social Media Officers

WEBSITE

Signing in, as a member or associate, will give you the opportunity to update your own information **including your email address**. If you are an ASSBI member, it will also give you access to *Brain Impairment*. In addition, ASSBI members receive at least a 10%

discount in the Store. if you want to change your email address login with your old email address or [email Matthew](mailto:email@assbi.com.au) to change it prior to you logging in. <https://www.assbi.com.au>

Be sure to add information about your discipline and your geographical base, as this will help us to better understand our ASSBI community.

When your membership is due you will receive a couple of reminder emails and you can renew and pay online by Visa, MasterCard or PayPal if you have an account. You can also transfer your fees via the bank – if you do this, email [Margaret](mailto:Margaret@assbi.com.au) so she can put your payment through. NO CHEQUES PLEASE.

If you have anything you wish to post on the site or have any feedback please email me at admin@assbi.com.au.

Matthew, Webmaster

NEWS



Congratulations to Professor JENNIE PONSFORD AO, who's been named the top researcher in Rehabilitation Therapy in The Australian Research Magazine 2024 list of the country's top researchers. It's not the first time for Jennie, who was also named in the 2020, 2022 and 2023 lists. (Monash University topped a companion list of research institutions).

This commendation is based on the past five years of citations in academic journal articles by other researchers in the field, a measure of influence and impact.

Jennie leads an outstanding program of work, funded by multiple sources including the Transport Accident Commission (TAC) and the National Health and Medical Research Council (NHMRC) as Director of the Monash Epworth Rehabilitation Research Centre (MERRC) and Program Leader for the School's Brain Injury and Rehabilitation research program.

NEW PUBLISHED ARTICLE

Living with stroke during the first year after onset: an instrumental case study exploring the processes that influence adjustment

Kellie Stagg, Jacinta Douglas, Teresa Iacono

Disability and Rehabilitation

<https://doi.org/10.1080/09638288.2022.2131005>

What is the study about?

The accounts of an individual living with stroke in the first year after onset were the basis of this instrumental case study. After stroke, people experience a disruption to their daily routines and to their life plans. Moving forward with life after stroke typically requires the person to alter their expectations and adapt and adjust to a different life trajectory. While the experience of stroke is a personal one, the process of adjustment takes place in the context of personal and professional relationships. Within this study, the phenomenon of adjustment was explored through a series of interviews, with attention to the influence of relationships and interactions with health professionals. This study is drawn from a broader body of research aimed at exploring the nature of the therapeutic relationship in stroke rehabilitation over time.

What we did

The participant was purposively chosen from a larger participant group recruited through a stroke rehabilitation service. The participant, Jim, was chosen for his rich accounts of life after stroke. Jim participated in three in-depth interviews during the first year after stroke. Interview transcripts were analysed using processes consistent with constructivist grounded theory, and longitudinal

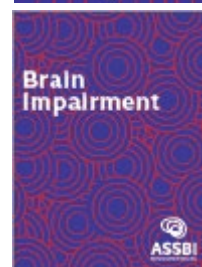
qualitative research methods. Findings were presented using a narrative structure aimed at emphasising Jim's voice. Processes associated with adjustment were presented visually with an emphasis on facilitative clinician behaviours.

What we found

The themes of fragmentation, loss and reconstruction captured Jim's experience of a changed life, an evolving sense of self, and processes in adjusting and adapting. Jim described the loss of long held views of self, he said, "It is, what I was capable of, to what I'm capable of now. A disappointment in my own ability". Reconstruction for Jim involved accommodating change, accepting vulnerability, and building confidence in responding to challenges. Interactions with health professionals were especially influential. Interactions with health professionals that acknowledged personhood and supported the experience of self-efficacy had a positive influence on Jim's adjustment processes.

BRAIN IMPAIRMENT

ASSBI's multidisciplinary Journal



New Publisher: The Editors of Brain Impairment are pleased to announce that the journal has now successfully transferred to our new publisher, CSIRO Publishing. We have an exciting new website with new branding. You can check it out here:

<https://www.publish.csiro.au/ib>

Final Issue: The December 2023 issue is our final issue with Cambridge University Press, and we would like to thank the team at CUP for their excellent management of Brain Impairment over the past 10 years, and for supporting the transition to the new publisher. The final issue in 2023 includes a bumper crop of papers due to the growth of the journal and the need to finalise all papers sitting in First View, before starting afresh with CSIRO. It also includes the abstracts and Presidential Address from the 2023 Brain Impairment conference in Darwin.

Author guidelines: We have some minor changes to the author guidelines including referencing style (now Harvard) and the inclusion of a Summary Statement (A short three-sentence paragraph of 50 to 80 words written for interested non-experts, such as journalists, teachers, government workers, etc.). Please see Author Guidelines for details:

<https://www.publish.csiro.au/ib/forauthors/AuthorInstructions>

Thank you: Many thanks to all our authors, reviewers, Editorial Board members, and Associate Editors for their ongoing contributions to Brain Impairment in 2023. Thank you to the Chair of the Editorial Board, Leanne Togher, and the ASSBI Executive for supporting and guiding the journal's development, and special thanks to Margaret Eagers for her ongoing management of the journal.

Jennifer Fleming and Grahame Simpson, Co-Editors

STUDENTS

Dear ASSBI and Student Community,

We would like to introduce our student team ambassadors for 2024!

National Student Coordinator - Nicole Feast

Nicole is a clinical neuropsychologist who is passionate about assisting others to better understand and enhance their cognitive (i.e., thinking) abilities. She holds a Bachelor of Science (Honours) and a Master of Psychology (Clinical Neuropsychology) from The University of Melbourne, and is currently a PhD candidate at The University of Western Australia with funding support from the Forrest Research Foundation. Prior to commencing her PhD in 2023, Nicole worked within a multidisciplinary team of allied health and medical clinicians at the WA Department of Health.

Her PhD research focuses on investigating whether neuropsychological assessment can enhance outcomes for individuals with brain conditions, through high-quality clinical trial research. Neuropsychological assessment involves evaluation of an individual's cognition (e.g., attention, memory, problem solving) to identify strengths and weaknesses, support accurate diagnosis, and inform treatment planning in a variety of neurological and mental health conditions, including stroke, head injury, dementia, and schizophrenia. Research on the outcomes of neuropsychological assessment is limited, which has impeded efforts to advocate for greater access to clinical neuropsychology services in Australia, whereby adequate assessment and intervention for cognitive impairments remains an area of high unmet need for many individuals. The current clinical trial thus has the potential for real-world impact by informing evidence-based clinical practice and policy related to the management of brain conditions, both in Australia and worldwide

Sydney Team

Kylie Southwell (Team Leader)
Alexandra Manea
Ashna Nadan

Newcastle Team

Sarah Haskard (Team Leader)
Jack Towsey

Melbourne Team

Kimberly Chew (Team Leader)
Lara Piccoli
Monique Hassarati

Recruitment for Student Ambassador Program: Call for applicants 2024-2025

Recruitment is still ongoing!

We are currently seeking expressions of interest from students across all health disciplines for the following positions and in the following cities:

1. Team Leader

- Positions available: Adelaide, Perth, Goldcoast, Brisbane, Tasmania, Auckland.
- Term: 1-2 years

2. Student Ambassador

- Available Positions: Adelaide, Perth, Newcastle, Goldcoast, Brisbane, Tasmania, Auckland.
- Term: 1 year

How to apply:

Please visit the ASSBI Student page on further information on how to apply: <https://assbi.com.au/Student-Opportunities>

Questions: Please contact Nicole Feast (nicole.feast@research.uwa.edu.au)

Aishani Desai, **National Student Coordinator**

PROFESSIONAL DEVELOPMENT

ASSBI Webinars

Previous ASSBI webinars and Workshops are available in the [ASSBI Online Store](#)

We had some ideas put on the white board at the conference and will get to these shortly. BUT Please get in touch with Margaret if you have ideas of whom to invite to deliver a webinar in 2023.

ASSBI CONFERENCES

[Go to the ASSBI website to keep up to date](#)

ASSBI's 47th CONFERENCE (#assbi2024)



Elise Elbourn and her committee are excited to announce that the dinner at ASSBI's 2024 conference will be held at the Aerial Function Centre, 7th Floor of the UTS Building in Jones St, Ultimo on Saturday 3rd May. \$70 will get you 4 hot canapes, 4 cold canapes, 1 substantial canape, mixed cold platters AND a drink on arrival. As well as networking and dancing spaces.

Our exciting program will include six half-day workshops reasonably priced at \$150 (\$100 for student members) on Thursday 2nd May, and keynote presentations from renowned international and national speakers on Friday 3rd May and Saturday 4th May.

The conference will include platform presentations, "how-to" sessions, datablitz presentations and posters. The programme will be drawn from abstracts covering all facets of brain conditions and rehabilitation across the lifespan. The programme is in its final stages and everyone should be emailed in the next day or 2. PLEASE let us know whether or not you will be accepting your offer and attending so we can get the programme onto the website and open registration ASAP.

The Four Seasons Hotel Sydney has very generously offered a discounted rate for your stay. We have received the discounted rate of \$350 per night to book a Superior City Room (King Bed). This rate is only available until 2nd March 2024 or until allocations are exhausted, so please lock in your accommodation quickly! In order to receive this fantastic deal, please [Click Here](#) and head to the Reservation page. Enter the dates you wish to stay, enter the Promo Code **240501MER** and select Find Rooms to find the Discounted room offer we have secured!

Keynote Speakers

Prof Julia Rucklidge



Keynote and Workshop

Julia, a clinical psychologist, is the Director of *Te Puna Toiora*, the Mental Health and Nutrition Research Lab at the University of Canterbury. Originally from Toronto, Canada, she completed her PhD at the University of Calgary in clinical psychology, a post-doctoral fellowship at the

Hospital for Sick Children, and then in 2000 she immigrated to New Zealand. She is internationally renowned for her research and clinical trials on nutrients and mental illnesses, having published over 150 peer reviewed publications and given hundreds of talks around the world. Julia is passionate about helping people find alternate treatments for psychological challenges like ADHD, depression and stress through translation of research to practice and making nutritional interventions mainstream by publicly advocating for healthy eating to optimise mental health. In 2021 she co-authored *The Better Brain: Overcome Anxiety, Combat Depression, and Reduce ADHD and Stress with Nutrition*; her 2014 TEDx Christchurch talk has been viewed over 5 million times; and her free online EdX course on Mental Health and Nutrition has been taken by over 70,000 students from 146 different countries. Through these efforts, thousands of people have benefitted from nutritional interventions. Julia is also the recipient of numerous local and international awards, including named as one of the top 100 influential women in New Zealand in 2015, 2018, and 2021, the Ballin Award in 2015 from the NZ Psychological Society, becoming a Fellow of the Australasian Society of Lifestyle Medicine in 2023, and a Braveheart award in 2018 for her contribution to making Christchurch a better place to live. Julia will be presenting both a workshop and a keynote.

Profile link: <https://www.canterbury.ac.nz/science/contact-us/people/julia-rucklidge.html>

A/Professor Michelle Villeneuve



Workshop

Associate Professor Michelle Villeneuve is the Deputy Director at The University of Sydney Impact Centre for Disability Research and Policy. Michelle leads an international program of research that addresses inequities that people with disability experience in everyday living and

situations of natural hazard disaster and other emergencies. Michelle is leading the development of Disability Inclusive Disaster Risk Reduction (DIDRR) in Australia - bringing together health, community, disability and emergency services sectors to establish cross-sector DIDRR policy and practice.

Michelle has over 20 years of experience working in regions of conflict and natural hazard disaster to develop community-led services and re-build opportunities for people with disability, including those acquired by human conflict and natural disaster.

Her partnership research keeps people with disability and their support needs at the centre of development and change.

Profile: <https://www.sydney.edu.au/medicine-health/about/our-people/academic-staff/michelle-villeneuve.html>

Michelle will be presenting a workshop.

Prof Jennie Ponsford (Chair)



Workshop

Treating Fatigue and Sleep Disturbance after Traumatic Brain Injury and Stroke

Presenters:

- Dr Lucy Ymer
- Dr Kate Frencham
- Dr Natalie Grima
- Dr Monique Roper

Synopsis

Fatigue and sleep disturbance affect up to and over half of all people with a traumatic brain injury or stroke. These debilitating symptoms increase the risk of mental health disorders, impact participation in day-to-day activities and can delay return to work or study after an injury. It is therefore critical that fatigue and sleep are targeted early and effectively during rehabilitation.

This workshop aims to present a novel, person-centred psychological therapy devised specifically to address sleep and fatigue symptoms for individuals with a brain injury – cognitive behavioural therapy for sleep disturbance and fatigue (CBT-SF). We will present a brief background to the topic, discuss the development and evaluation of CBT-SF in our recent randomised controlled trial, and offer some of the key practical skills and techniques covered in this manualised intervention. We will discuss important adaptations for common cognitive impairments when working with people with a brain injury, present case studies and allow for question time. This workshop aims to be interactive and assist clinicians in building their skills and confidence in supporting their clients with fatigue and sleep problems.

Learning objectives/outcomes

1. Increase knowledge of common sleep and fatigue problems after brain injury and how they impact rehabilitation and recovery
2. Understand current treatment approaches and the benefits of tailored psychological interventions
3. Learn key CBT-SF techniques for managing fatigue and sleep symptoms and how to adapt this psychological intervention for people with a brain injury

We look forward to seeing everyone in May 2024!!



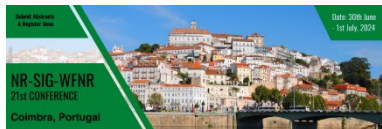
Sponsorship is open, if you wish to sponsor/partner with ASSBI [click here](#)

Past Workshops and Webinars

are available for purchase #assbiworkshops

[CLICK HERE](#) to see more and order. Jessica Trevena-Peters, Jennie Ponsford, Adam McKay, Dana Wong and Alinka Fisher have all presented full day training workshops. Neera Kapoor and Caroline van Heugten 90 min webinars and a multitude of 60-minute webinars have been presented and are available in the [ASSBI ONLINE STORE](#)

Non-ASSBI Conferences



21st NR-SIG-WFNR Conference

will be held HYBRID on 30th June & 1st July 2024 Face to face in Coimbra, Portugal,

online and on demand for 90 days post-conference.
CALL FOR ABSTRACTS WILL OPEN IN DECEMBER



Global Neuropsychology Congress will be held face to face on 3-5 July 2024 in Porto, Portugal. Hosted by INS/FESN/SLAN/ASSBI.



7th AADPA Conference will be held on 27th - 28th July 2024 Face to face in Brisbane, QLD, Australia, online and on demand for

90 days post-conference. Workshops on 26th July.
CALL FOR ABSTRACTS WILL OPEN IN DECEMBER

ASSBI RESOURCES

ASSBI Resources is going from strength to strength. Please contact Elise: elise.elbourn@sydney.edu.au or Skye: s.mcdonald@unsw.edu.au if you have any queries or suggestions about Resources.

PLEASE NOTE that you do NOT have to be a member of ASSBI to purchase any of the material for sale

Our fabulous ASSBI Resources products span assessment and remediation of a wide variety of neuropsychological, cognitive and emotional disorders commonly seen in people with brain disorders. Products include PDF and video downloads as well as paper versions of professionally produced manuals and kits that can be posted to anywhere in Australia.

To see the range go to our Resources page.

<https://www.assbi.com.au/Resource>. To get members price (10% discount) login to the ASSBI website first.

All resources in PDF form can be purchased instantly. Buy the PDF version and then you will receive the link to download a pdf of a manual or kit and webinar as soon as you pay. If you wish to purchase the UK version tick that option. You can pay online by PayPal OR using Debit/Credit cards Visa or MasterCard.

Non-members have access to some free downloads too – [click here](#) to see the full list of manuals **and** free to downloads on offer. There are also some FREE webinars which showcase some of our kits [CLICK HERE](#)

Skye McDonald and Elise Elbourn, ASSBI Resources

OPPORTUNITIES FOR INVOLVEMENT

There are a lot of colleagues out there wanting your help, have a look and see if you can help out

[CLICK HERE TO SEE ALL REQUESTS FOR HELP](#)

Are you a health professional who works with stroke patients? Can you help with our research?

We are currently seeking **health professionals in Australia who have current experience working with stroke patients** to participate in this study with full ethics approval from Monash University (ID #32484). You can access more information and express interest in this research by following this link (takes less than 2min): <https://redcap.link/cogpoststroke>

Participants will take part in an interview, and a researcher will ask questions about your experience and perception of working with stroke patients with cognitive impairment. Interviews are conducted either face-to-face or via videoconferencing. This is a chance to share your experience and help us understand what can be done to improve rehabilitation and care of stroke survivors in Australia. Regards, A/Prof Rene Stolwyk, Dr Vincent Oxenham, Dr Elizabeth Lynch, Ms Miki Boneh

M.O.S.T-project: Meaningful Outcomes for School-aged kids with CCDs from TBI

We are trying to understand which treatment outcomes are most important for school-aged kids with cognitive-communication disorders (CCDs) arising from TBIs and their families.

In this project, we will interview children and teens with brain injuries and their parents. Interviews may last for up to 20 minutes. Interviews will happen over Zoom, meaning families can take part from home (or anywhere that is easiest for them!).

Children and teens will suggest treatment outcomes to help a fictional character with a TBI.

In their interviews, parents will be asked about what aspects of their child's communication and life they would most like to help following their TBI.

The results from the M.O.S.T project will be integrated with results from an international e-Delphi study to provide guidance for clinicians undertaking assessment and outcome measurement in clinical practice.

Children, teens and their families are eligible to take part, if:

- They are between 5 - 18 years of age;
- They have a cognitive-communication disorder or difficulties (CCD) following a traumatic brain injury (TBI) (or concussion);
- They live in Australia.

Interested families can visit <https://swiy.co/UQMOSTProject> to read more about our study and register their interest. Please don't hesitate to contact Dr Sarah Wallace (s.wallace3@uq.edu.au) or Lauren Crumlish (Lauren.crumlish@uqconnect.edu.au) if any questions arise.

This research study has ethical approval from The University of Queensland [2022/HE000609].

Child Apraxia of Speech Trial

We are researchers from the Speech and Language Group at Murdoch Children's Institute. We're conducting a trial of methylphenidate (Ritalin) as a possible intervention for Childhood Apraxia of Speech (CAS). The study is open to 6–12-year-old children within 130km of MCRI who are either diagnosed with CAS or have suspected CAS, and elevated inattentive and/or hyperactive

symptoms. Please find attached our study flyer for further information.

Interested participants can express their interest here:
<https://redcap.link/znct13io>

Please feel free to be in touch with Prof Angela Morgan for any queries: angela.morgan@mcri.edu.au or (03) 8341 6458.
Angela Morgan and Elana Forbes

Current practice methods of rehabilitation professionals in the assessment of financial capability in people with acquired cognitive impairment: a mixed methods study.

- Are you an occupational therapist, neuropsychologist or other rehabilitation professional?
- Do you work with people who have acquired cognitive impairment due to acquired brain injury (ABI) or neurological disability (dementia, Parkinson's disease, multiple sclerosis etc.)?
- Are you/ or have you been previously involved in exploring or assessing a person's **financial capability** (financial capacity/competence)?

Assessing **financial capability**, or the behaviours and approaches to personal financial decision-making may involve exploring a person's ability to manage money, shop, budget and pay bills. It may also involve examining how a person makes financial choices, plans ahead, or gains assistance with financial tasks if required.

Aim: To explore the current methods and practices of rehabilitation professionals in the assessment of financial capability following acquired cognitive impairment and understand their perspectives of desired aspects in future assessment tools.

Share: Please share your experiences with other rehabilitation professionals and the research team in a focus group (in-person or online) with an accompanying short survey to help build knowledge of current practice to inform assessment development.

Contact: Research team: Sarah Swan s.swan1@uq.edu.au
0406 532 778

Freyr Patterson, f.patterson@uq.edu.au
Jenny Fleming, j.fleming@uq.edu.au

This study has ethical approval from the University of Queensland (2022/HE002294)



The Concussion Essentials Studies



Examining an individualised treatment, including education, physiotherapy & psychology for children and adolescents 8 – 18 years who have persisting symptoms following a concussion.

Study 1 - For children and adolescents less than 3 weeks post-concussion 8-week treatment vs. Usual Care

Study 2 - For children and adolescents 3 to 12 months post-concussion 12-week treatment

Plus, all participants receive

- concussion-targeted physiotherapy assessment,
- neuropsychology assessment, and
- symptom monitoring

Where?

The Royal Children's Hospital, or Mt Waverley location Face-to-Face and telehealth appointments available

Interested?

Patients: Contact the study team for more information

E: takecare@mcri.edu.au

Ph: 0423 188 247

Health professionals: Refer by visiting

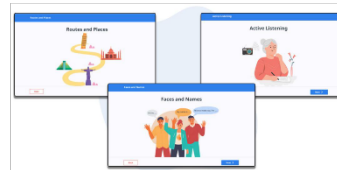
<https://redcap.link/concussion>



Imagine an online tool that acts as your research assistant ... contacting subjects, collecting data on multiple novel memory tasks and questionnaires, administering training in memory strategies, and evaluating outcome ... That's MEMOResearch!

Created by Dr Laurie Miller, a Clinician Scientist with more than 30 years of experience in memory and rehabilitation research, and the development team at MEMO Memory Rehabilitation Pty Ltd.

Remarkably: So far, 100% of the centres that have applied for a research grant to use MEMOResearch have been **successful!**



Isn't it time you found out what it's all about?
Visit our [website](#) or [Click Here](#) to view a Free Webinar

Occupational therapy researchers at La Trobe University are seeking survey participants for a study exploring how occupational therapists treat behavioural changes to optimise participation for people living with brain injury.

You May Qualify if You

- You are an AHPRA accredited occupational therapist
- You work, or have worked within the last 2 years, with adults living with brain injury and behavioural changes

Participation involves

If you decide to take part in the research, you would be asked to:

- Complete a 15-minute survey, online

Your decision to participate in research is voluntary.

Reimbursement for participation

There are no additional costs associated with participation in this research study, nor will you or the participant be paid.

If you would like more information or are interested in being part of the study, please contact Ana Brown: ana.brown@latrobe.edu.au
Survey link:

<https://redcap.latrobe.edu.au/redcap/surveys/?s=AJFF3NP778YD DD7E>

TREATMENT FOR PERSISTING POST-CONCUSSION SYMPTOMS IN ADULTS

We are trialling an 8-week interdisciplinary intervention including **neuropsychology**, **physiotherapy**, and **medicine** disciplines for persisting symptoms after mild traumatic brain

injury/concussion. The treatment is **free of charge for all participants** and is taking place in Melbourne. Participants will receive one of two management regimes – (1) a full assessment (neuropsychology and physiotherapy) and psychoeducation or (2) a full assessment and interdisciplinary treatment.

We are looking for participants who:

- Have had a mild traumatic brain injury/concussion within the past 2 weeks-to-24 months
- Have persisting post-concussion symptoms (at least 2 weeks post-injury, but less than 24 months post injury)
- Are aged between 16-70 years
- Have adequate English language
- Do not have an acute psychiatric condition, active substance use, or significant neurological history

Interested?

If you or anyone you know might be interested in participating, contact **Jack Nguyen** or **Stephanie Antonopoulos** on **9426 8923** or by email at spp-irecover@monash.edu for more information. **We welcome self-referrals and clinician referrals.**

This study is approved by the Monash University Human Research Ethics Committee (HREC no. 23005).



Do you have clients/know people who would benefit from having a National Assistance Card?

The National Assistance Card is a **personalised** card to assist people with disability and health conditions in the community.

The National Assistance Card is available to everyone living with **brain injury** in Australia. In Tasmania, the Card is also being trialled with the **autistic community**.

The National Assistance Card Service hope that, in the future, the Card will be available to all people in Australia with disability and health conditions.

The National Assistance Card can be used in everyday or emergency situations to assist the cardholder in communicating their unique areas of difficulty and any assistance they may need. Each Card includes a **personalised QR code** providing access to additional information (written or personalised video) that the cardholder has chosen to include about the impacts of their disability or health condition and how people in the community can assist them.

Scan the sample Card QR code below to view example cardholder information and video:

Is there a cost?

A new National Assistance Card costs \$44 (including GST).

A replacement Card costs \$22 (including GST).

NDIS participants whose NDIS plan is self or plan managed may be able to claim the cost of their National Assistance Card from their plan. People may also be able to claim the cost of the Card from other third-party organisations, such as compensation insurers.

I live with brain injury. I may need understanding/assistance due to:

Scan this QR code to find out more about me or how to assist.

[Personalised list, for example]

- Being anxious
- Communication difficulties
- Memory difficulties
- Sensory overload: lights, sounds, smells, touch
- Walking and/or balance difficulties

My nominated contact person (if required) is:

CONTACT PERSON NAME
phone number

Police Assistance Line: 131 444 www.nationalassistancecard.com.au

For more information:

- **Visit our website:**
www.nationalassistancecard.com.au
 - Including our dedicated Service Providers page:

A sample National Assistance Card is shown within a red border. It includes the National Assistance Card logo, a placeholder for a person's photo, and fields for "FIRST NAME" and "LAST NAME". Below the name fields, it says "Your understanding and assistance is appreciated." and "DOB: 01/02/1970 Card No. 0001/2022".

www.nationalassistancecard.com.au/information-for/service-providers

- **Watch our video:** <https://youtu.be/HkL7XutzOx4>
- **Read testimonials** from cardholders, businesses and service providers:
www.nationalassistancecard.com.au/testimonials
- **Contact us:**
 - Email: info@nationalassistancecard.com.au
 - Phone: 1300 242 827