

February 2021



BRAIN INJURY MATTERS

**Brain injury isn't set in
stone...**



Recovery is a matter of
chipping away each and every day!

**Ross House, Level 4/247 Flinders Lane
Melbourne, Vic. 3000
email: office@braininjurymatters.org
www.braininjurymatters.org (03) 9639 7222**

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Mission Statement

To support and empower people to speak for themselves and enhance the lives of other people with an acquired brain injury.

Strategic Direction

The 2020 - 2022 Strategic Direction provides a framework to guide the specific activities and projects undertaken by Brain Injury Matters in pursuit of its vision of people with an acquired brain injury flourishing in our community. It was produced during the grip of the COVID-19 pandemic, a time of great uncertainty and significant adjustment for people with an acquired brain injury. Please contact the office if you'd like a copy of the full document.

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Let's Get To Know Each Other...

Brenton Alford



- How long ago did you acquire your injury?
 - 13 years
- What is your greatest achievement since your injury?
 - Getting out of a wheelchair and becoming independent
- What do you want to achieve in the near future?
 - Total physical recovery and a couple of gold medals for indoor rowing
- What do you find your biggest challenge?
 - Walking without falling
- What is your favourite food?
 - Chicken (Protein), Soy chips
- What is your favourite movie?
 - The Shawshank Redemption
- What is your favourite hobby?
 - Self advocacy with Brain Injury Matters
- What do you want to achieve through Brain Injury Matters?
 - Open communication between members to become better self advocates
- What advice would you give to someone with a new brain injury?
 - Get the ABI Wise app
- What does Brain Injury Matters mean to you?
 - Working as a self advocate but living with a brain injury but still having a great life.

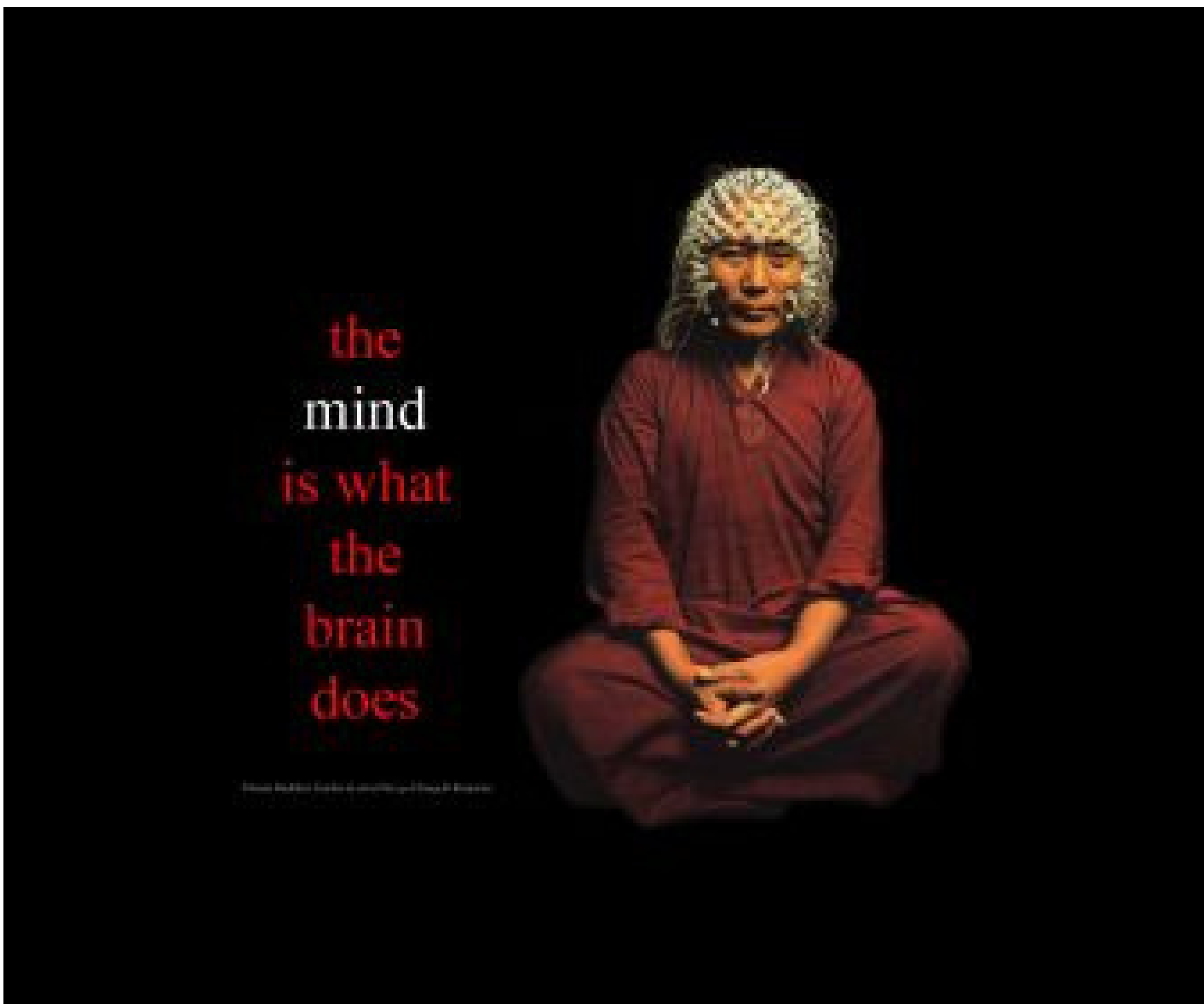
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Brain Injury
Matters

BRAIN INJURY MATTERS

Thought of the Month



Just because the brain has been damaged, it does not affect a person's intelligence. Don't let anyone tell you differently. Through changing your mind, you change your thoughts. And even the smallest change can lead to a huge difference in the long term.

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Word Games

1. What is the name of the longest river in South America?
2. What is Sweden's capital city?
3. What is the hardest natural substance?
4. What is the largest continent?
5. What's the river that runs through Egypt?
6. What's the capital of Spain?
7. A scientist who studies rocks is called a what?
8. Who was the first man to step on the moon?
9. What is the largest mammal in the world?
10. How many colors are in a rainbow?

BONUS POINT

Name each colour of the rainbow

Unscramble

Can you rearrange the letters to make a word?

1) nwedgekol

2) cexpeenire

3) ipnaaerl

BRAIN INJURY MATTERS

Word Games - Answers

1. Amazon River
2. Stockholm
3. Diamonds (also a girl's best friend!)
4. Asia
5. Nile
6. Madrid
7. Geologist
8. Neil Armstrong
9. Antarctic Blue Whale
10. Seven

Red, orange, yellow, green, blue, indigo and violet

Unscramble - Answers

1. Knowledge
2. Experience
3. Airplane

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Peer Support Groups

Would you like to meet up with other adults living with brain injury?

We are looking for expressions of interest for people living with brain injury to participate in our new peer support groups.

These groups will consist of 8-12 people who meet regularly to share their experiences, learn new skills and have fun.

Groups will be held online via Zoom and/or in person. For more information or to register your interest, please email office@braininjurymatters.org or call 9639-7222

The groups are free and participants do not need to have NDIS funding.

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Social Distancing Effects

It was completely understandable that during the time of the Corona 19 pandemic, we were advised not to be close to others, because the virus is very contagious. Keeping apart from others, is quite difficult for many. However, for those who have a disability, this is their daily reality. They often don't have interaction with others, for various reasons. Sometimes their communication is difficult to understand or their behaviour is inappropriate or friends visit less. Social distancing adds to their isolation and many people feel depressed at the moment. Some people are not able to meet their family, friends or do an activity, which is their only interaction with others. My personal experience is that I speak in an extremely low volume, hence often to better understand me, some people need to come closer to hear me, which is not allowed during the time of social distancing. Also, as a tactile person, not being able to hug close people, saddens me. Clearly the world is not going to return to its pre-pandemic state. My hope for future is that we can transition from social distancing back to social connection quickly and seamlessly.

-Anat Bigos

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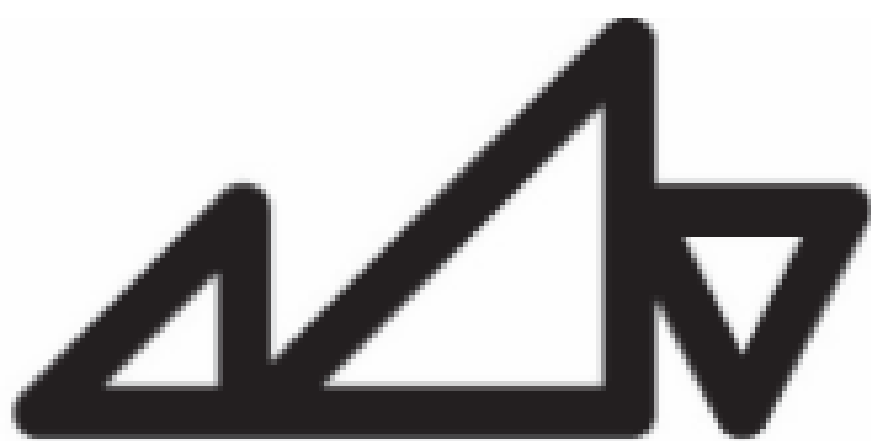
Calling 18-26 year olds artists living with ABI!

Can you help us find artists aged 18-26 with Acquired Brain Injury to participate in Nexus 2021?

Nexus is a free professional development program.

This year's content has been adapted by and for people with ABI and is designed to help jump-start a career in the arts.

Please contact Eva for more information at
esifis@artsaccess.com.au



ARTS ACCESS VICTORIA

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