



HeadEast

**is for people with
an acquired brain
injury who:**

- ☀ live in the local government areas of Botany, Randwick, Waverley, Woollahra, City of Sydney and South Sydney
- ☀ are aged between 16 and 60 years
- ☀ acquired their brain injury after the age of 10 years
- ☀ are independent in personal care or have attendant care support
- ☀ are medically stable
- ☀ if experiencing problems with substance abuse must be seeking assistance to address this
- ☀ are motivated to change an aspect of their lives



HeadEast

Eastern Sydney Acquired Brain Injury
Community Access Service Inc.

**For more information,
to make a referral,
or to book a community
education presentation,
contact HeadEast on:**

Phone: (02) 9389 9497

Fax: (02) 9389 9447

Address: 26 Ocean St, Bondi, N.S.W. 2026

Email: mail@headeast.org.au

Website: www.headeast.org.au

**HeadEast is funded by the
NSW Department of Ageing,
Disability and Home Care**



HeadEast

Eastern Sydney Acquired Brain Injury
Community Access Service Inc.



**Acquired
Brain Injury
Community
Access Service**

HeadEast is a community based service for people with an acquired brain injury and their families living in the Eastern Sydney area.



HeadEast provides:

Individual Support

By working with a Community Access Worker individuals are assisted to achieve their own goals. These may include:



Accessing the Community

- Using transport independently
- Accessing training and education
- Developing recreational interests e.g. joining clubs and groups
- Finding voluntary work
- Accessing employment services
- Increasing support networks



Enhancing Living Skills

- Achieving independence at home and in the community e.g. meal preparation, budgeting, shopping
- Addressing memory and organisation difficulties

Group Programs

Participants have the option of developing skills through their involvement in the following programs:



Community Education

Participants develop and deliver presentations to schools and community groups about acquired brain injury and its prevention.



Newsletter

Participants produce a quarterly newsletter. This may involve editing layout, writing articles, photography and artwork.



Workshops

Workshops are run periodically to address the needs of participants e.g. diary and organisation skills, stress management.

An acquired brain injury may occur as a result of motor vehicle accidents, trauma, stroke, a lack of oxygen to the brain, tumour, infection, or poisoning including substance abuse.

The service assists people to identify and create opportunities and improve their access to a variety of resources and activities in their chosen community.

HeadEast aims to assist people to develop fulfilling, self directed and independent lifestyles and to become valued members of their community.

