

Case Management with the Mid North Coast Brain Injury Rehabilitation Service

Mid North Coast Brain Injury Rehabilitation Service (MNCBIRS)

We are based at Coffs Harbour and Port Macquarie.

You will have:

1. A dedicated co-ordinator (Case Manager)
2. The support of a team specially trained in brain injuries.
3. An assessment of your abilities and needs.
4. A therapy program that matches your needs. This will prepare you to return to home, work and study.
5. Access to clinics where you can practice and gain confidence in skills needed for daily living.
6. Visits to school and home.
7. Links with local support agencies.
8. Help to develop appropriate community based programs.
9. Education on traumatic brain injury and its effects.
10. Education on how to prevent brain injury.

Case Management in the Mid North Coast

When a person has a severe brain injury from a motor vehicle accident or work injury it can change how you do everyday tasks, think and behave. MNCBIRS case management and rehabilitation helps in your recovery and assists you to understand and plan how to reach your goals.

Everyone is different so you will be at the centre of decision making and planning. Your family and friends will be part of your team. The MNCBIRS case manager will work with you to involve therapists and services that you and your family may need when leaving hospital and as you decide what is important for you to work on and achieve.

Our team is specially trained to support people with brain injuries. We work with children (aged 5-16) and adults (aged 16-65) that live in the Coffs Harbour & Port Macquarie area.

We have been approved by the Lifetime Care and Support Authority. We can also link you up with many other service providers in the area. There are strong links between city, suburban and country units. This makes sure your care continues, regardless of where you live.

We are a part of the NSW Agency for Clinical Innovation network to ensure that you receive the right health care at the right time and in the right place. By working with MNCBIRS, you will have access to all of the knowledge and support available.

We are proud to provide best practice in the area of brain injury.

Consumers were involved with staff in developing this leaflet.

The NSW Brain Injury Rehabilitation Program (BIRP) is:

- Person focused
- About team work
- Goal directed
- Innovative and flexible





We often will meet with you, your family and others at home, school, work, or even at the shops. Key towns in our area where clients live include:

- Bellingen
- Coffs Harbour
- Dorrigo
- Kempsey
- Macksville
- Port Macquarie
- Wauchope.



A MNCBIRS Case Manager:

- Has links, contacts and an understanding of our local area.
- Is supported by a team specially trained in brain injuries.
- Can be contacted 5 days a week.
- Works with Lifetime Care so they understand your needs and requests.
- Makes sure your goals are specific to you and your family's life.

Who are our case managers?

In our team there is a mix of backgrounds, experience and skills that may be important to you and your family. Talk to our service manager about who will be the best case manager to work with you and your family.

More information about what is case management can be found at:

http://www.aci.health.nsw.gov.au/data/assets/pdf_file/0009/292824/birp-moc-flier.pdf



Who can you contact?

Please contact the Manager of the Mid North Coast Brain Injury Rehabilitation Service, at any time to discuss your needs and the services available.

Tel 02 6659 2300 Coffs Harbour

Tel 02 6584 3300 Port Macquarie

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