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Sapphire Support | Issue 5 | June 2022

IN THE SPOTLIGHT

May was all about ABI
(Acquired Brain Injury)
Awareness. Check out the links
provided for helpful resources

JUNE EVENTS

Guest Speakers from:
Social Studio
and
Down Syndrome QLD

SIL & SDA VACANCIES

Do you have participants
looking for SIL & SDA? Check
out our vacancies across the
Sunshine Coast



May Event

Acquired Brain Injury



SYNAPSE
AUSTRALIA'S BRAIN INJURY ORGANISATION



Nikki from Synapse presented on ABI Awareness and how to best support someone with a brain injury. We had a great turnout, particularly with Zoom attendees from as far as Victoria and Tasmania! Thank you to everyone who supported this event. Please find on the following page an abundance of helpful links and resources from Synapse to share with your networks, colleagues and friends.

4. OCCIPITAL LOBES

The occipital lobes are mainly connected with vision but also with our ability to recognise what we see. Our ability to see objects accurately, identify colours and locate objects in the environment comes from the occipital lobes.

Other parts of the brain

The cerebellum

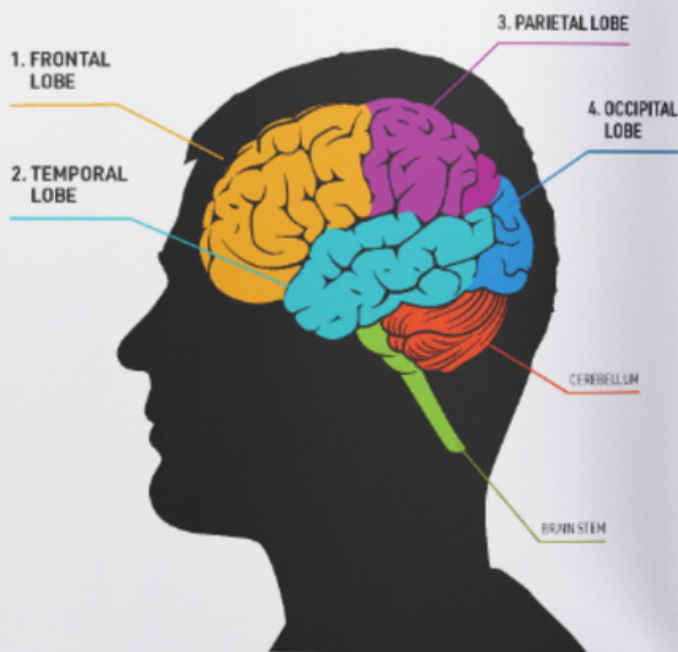
The cerebellum is involved in "doing" rather than "thinking" activities. It is located at the back and below the main hemispheres of the brain. It controls balance and the muscle coordination needed for large body movements. It lets a person know how fast, how hard, how far and in what direction his or her body parts are moving.

The brain stem

The brain stem connects the brain to the spinal cord and regulates basic activities. These include breathing, blood pressure, blood circulation, swallowing, appetite, body temperature and digestion, as well as the need for water, staying awake and sleeping.

The effects of brain injury

Each part of the brain deals with different aspects of what we think, feel and do, so injury to specific areas can cause many different problems to occur. The good news is that the brain does have some ability to heal itself. There are many rehabilitation strategies to compensate for the effects of brain injury.



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SECTION 4

In the Hospital

Having a brain injury can be an overwhelming experience, but there are things you can do to manage it.

When you are in hospital, you will be able to get help with things that you need. There are staff in the hospital who are there to provide support and help.

Spinal

A brain injury can affect the family as they battle a wide range of emotions while waiting for a diagnosis.

Having a brain injury can be a challenging experience. It is important to understand medical terminology, as it can add to the emotional stress of the hospital, both for the patient and family members.

With stress in hospital

Stress

Stress is a natural response to a situation. It is a feeling of tension or pressure. It can be caused by many things, such as a change in routine, a new environment, or a new person. Stress can be both good and bad. It can help you to focus and get things done, but it can also make you feel overwhelmed and unable to cope.



It is perfectly normal to feel a loss of control, panic, anxiety, fear, despair, distress, guilt, shame, anger, and/or absolutely nothing at all. It is also perfectly normal to feel all these things at once or swing between them. It is going to be hard for a while, so be kind to yourself. There is no 'right' way to react or to feel; there is nothing you 'should' be feeling or experiencing. Those around you are going through the same thing, but it is important to remember that how someone is acting may not be an accurate reflection of how they are feeling. If possible, forgive yourself and others for lapses in social skills or failing to live up to the standards you would normally expect.

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creating emotional turmoil



Gabriel-Ross (1969) described a the 5 stages includes:

1. (I can't believe this is happening to me!)

2. (Why is this happening to me?)

3. (I promise I'll be a better person if...)

4. (I don't care anymore)

5. (I accept the situation as it is and will...)

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- Peer Support groups on the Sunshine Coast: [click here](#)
- BrainBank Podcast: [click here](#)
- BrainBank Forum: [click here](#)
- BrainBank Facebook Group (for Carers): [click here](#)
- BrainBank Facebook Group (for people with ABI to communicate with one another): [click here](#)
- To download 'ABI: The Facts' (a comprehensive brain injury resource for professionals, individuals and families. It provides simple explanations of complex medical terms and delivers guidance for every stage of the journey), [click here](#)

June Events



SOCIAL STUDIO



June 15th - 10am ~ 11:30am @ Sapphire HQ

Yuki Worsch-Smith, Home & Living Coordinator at Social Studio, will be providing helpful information to support coordinators, families, carers, guardians and support workers on:

- * Benefits of social skills for an individual with Autism
- * Specific programs and workshops that are available on the Sunshine Coast (and how to enrol)
- * How to get started with the NDIS if you are new to navigating the supports journey for Autism

This event is FREE to attend, however as seating is limited registration is essential. Please reserve your spot via Eventbrite booking, [here](#)

If you are unable to make the event in person, you won't miss out! We will also be live streaming via Zoom. Register in advance for this meeting by clicking [here](#)

After registering, you will receive a confirmation email containing information about joining the meeting. Whether it be in person, or online, we look forward to seeing you!



June Events



Down Syndrome
Queensland

June 15th - 5:30pm ~ 6:30pm @ Sapphire HQ

Down Syndrome Queensland have delivered successful social skill and tailored literacy programs across Brisbane, Toowoomba and the Gold Coast and are now coming to the Sunshine Coast! Join us for an informative evening, tailored specifically for parents, support coordinators, support workers and educators to understand what is included in the programs and how to enrol for the next intake.

You will be hearing from Andrew Dower, DSQ Programs Manager and Teagan Cossor, DSQ Senior Programs Coordinator.

The topics that will be covered include:

- 1) DSQ Social Programs (for all ages) and;
- 2) Latch-On Program (an innovative, evidence-based literacy program that changes the lives of young adults with intellectual disabilities).

This event is FREE to attend but due to limited seating, registration via Eventbrite is essential. [Click here](#) to reserve your spot.

****If you are unable to make it in person, but would like to be able to join via Zoom, please [click here](#) to register for the link. Whether it be in person, or online, we look forward to seeing you!**

SIL & SDA Vacancies



Do you have participants looking for SIL or SDA on the Sunshine Coast?

We have a number of vacancies available:

- SIL - Twin Waters (Male 1:3), 1 vacancy (*images featured above*)
- SIL - Bli Bli (1:3), 3 vacancies (*available from August*)
- SDA - Buderim (Female 1:2), 1 vacancy, High physical needs / fully accessible / Robust

To request more information, please contact Wes our New Client Officer on email: nco@sapphiresupport.com.au or call (07) 5306 1060

