

‘It gave her that soft landing’: Perspectives on a new transitional rehabilitation service for people with acquired brain injury

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Bold ideas. Better solutions.



Metro South Health



A joint initiative of the
Division of Rehabilitation, Metro South Health, and
Menzies Health Institute Queensland, Griffith University.

Acknowledgements



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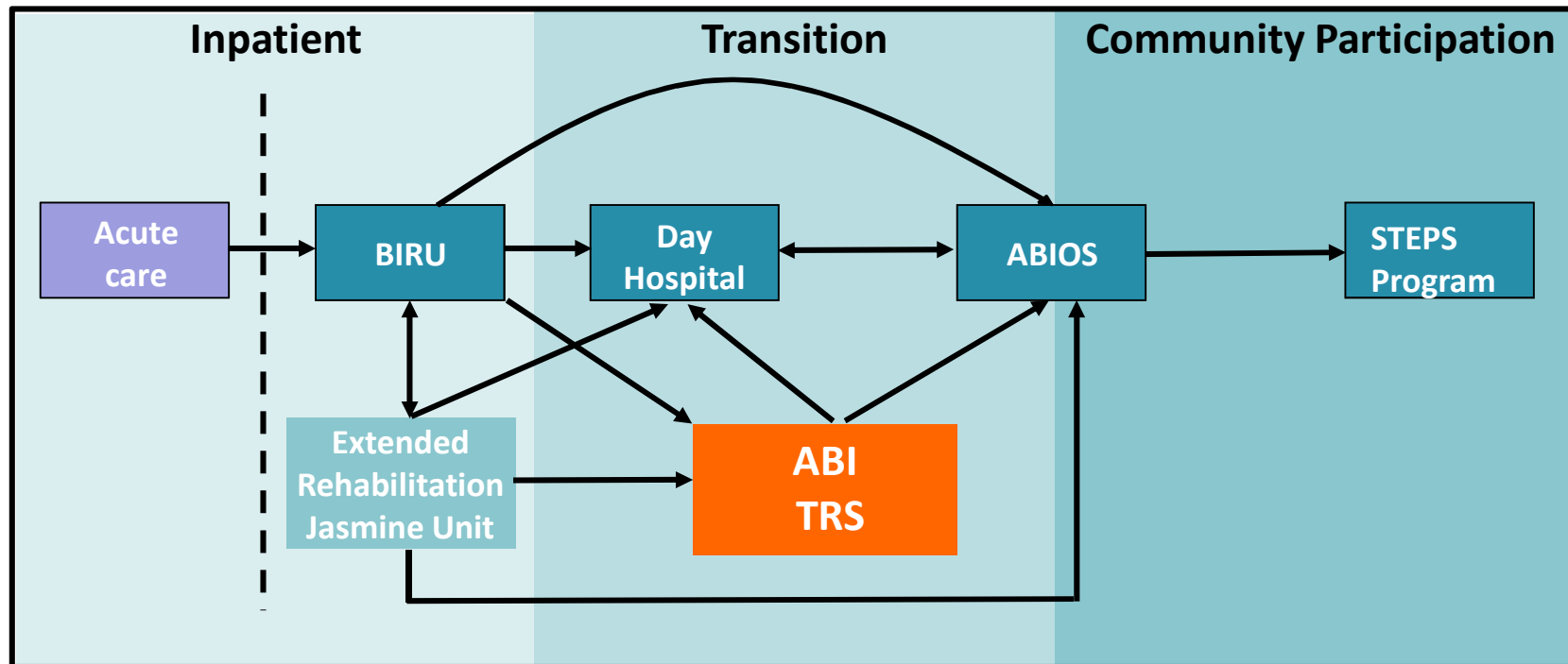
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The Acquired Brain Injury Transitional Rehabilitation Service (ABI TRS)

- 5-year proof-of-concept project
- Funded by Motor Accident Insurance Commission (MAIC)
- Embedded research evaluation






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ABI TRS Evaluation

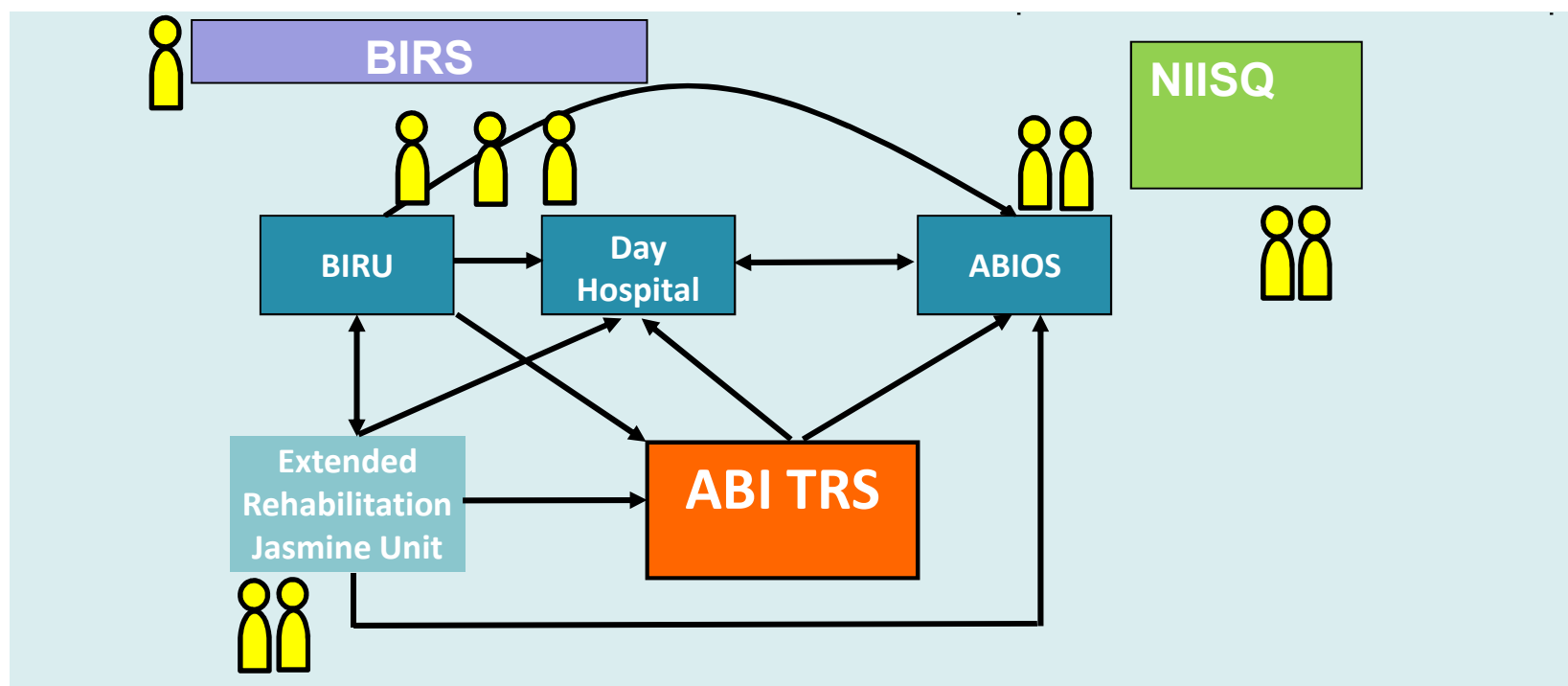
- Aim: explore key stakeholder perspectives of ABI TRS
- Service users:
 - Clients (n=10) 
 - Significant Others (n=12) 
- BIRS + NIISQ:
 - Professional Stakeholders (n=10) 

Methods

- Semi-structured interviews with consented participants

1. Professional stakeholders (n=10):

Senior and managerial staff from BIRS and National Injury Insurance Scheme Queensland (NIISQ)



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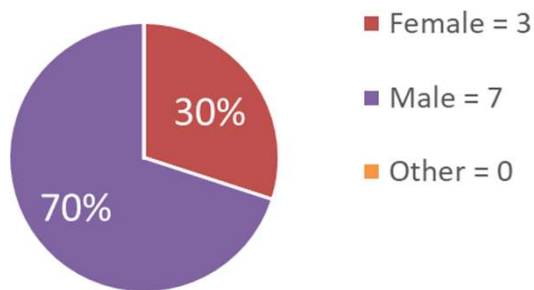
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Methods

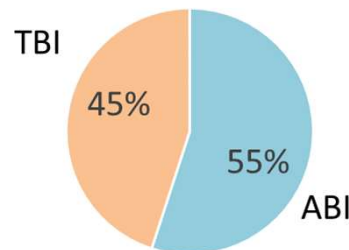
- Semi-structured interviews with consented clients and significant others
 - Maximum variation sampling
 - Relationship
 - Discharge destination
 - Client injury type
 - Client age
 - Mean = 43 years (range 17- 69 years)
 - Client gender

Relationship	n = 12	%
Spouse/partner	6	50
heterosexual	5	83
same-sex	1	17
Mother	2	17
Father	2	17
Sister	1	8
Daughter	1	8

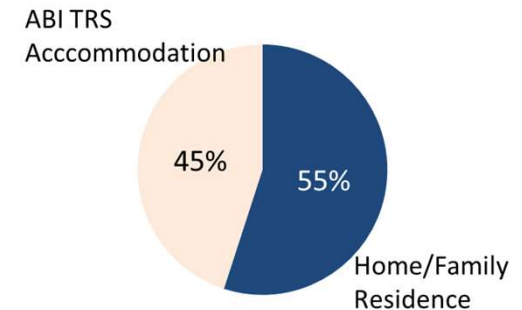
Client Gender



Injury Type



Discharge Destination



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Methods

- Semi-structured interviews

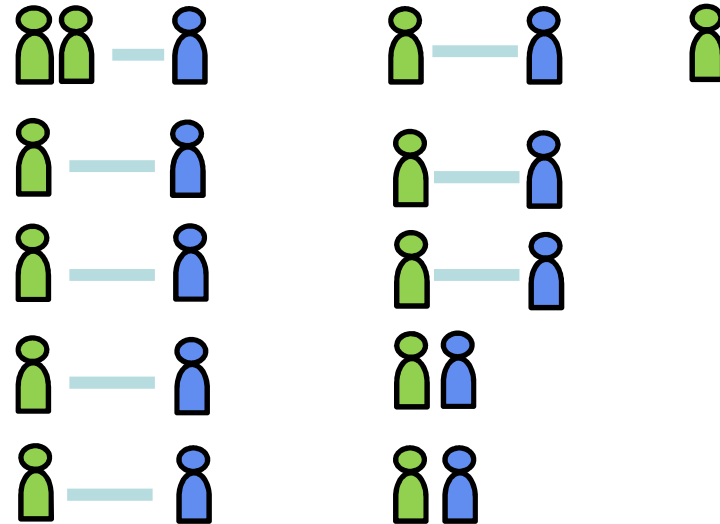
2. Clients of ABI TRS (n=10)

- Eligibility:
 - Client of service
 - People with aphasia and cognitive-communication impairment included

3. Significant Others (n=12)

Interviewed 3 – 6 months after ABI TRS discharge

Relationship	n = 12	%
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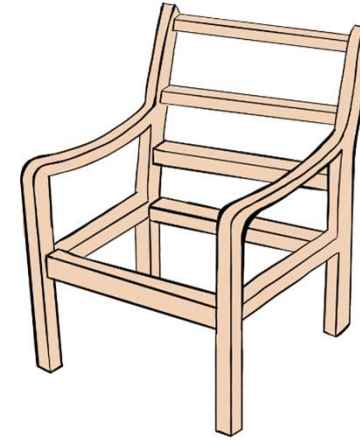


Methods: Analysis

- Thematic analysis - preliminary findings
 - Two coders (JB + MN)
- Analysis based upon Framework Method (Gale et al., 2013; Ritchie & Lewis, 2003)
 - Familiarisation
 - Coding
 - Analytical framework
 - Interpretation

Findings

1. ABI TRS is **bolstering** the BIRS continuum



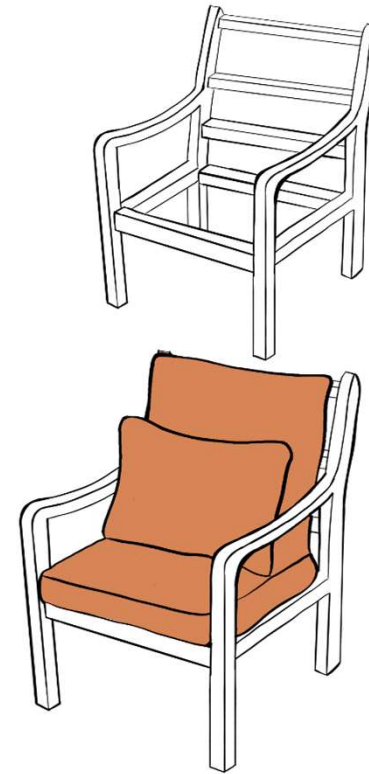
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Findings

1. ABI TRS is **bolstering** the BIRS continuum
2. Transition support is providing a “**soft landing**” to clients and families



Findings

1. ABI TRS is **bolstering** the BIRS continuum
2. Transition support is providing a “**soft landing**” to clients and families
3. ABI TRS is **equipping** clients and families for next phase

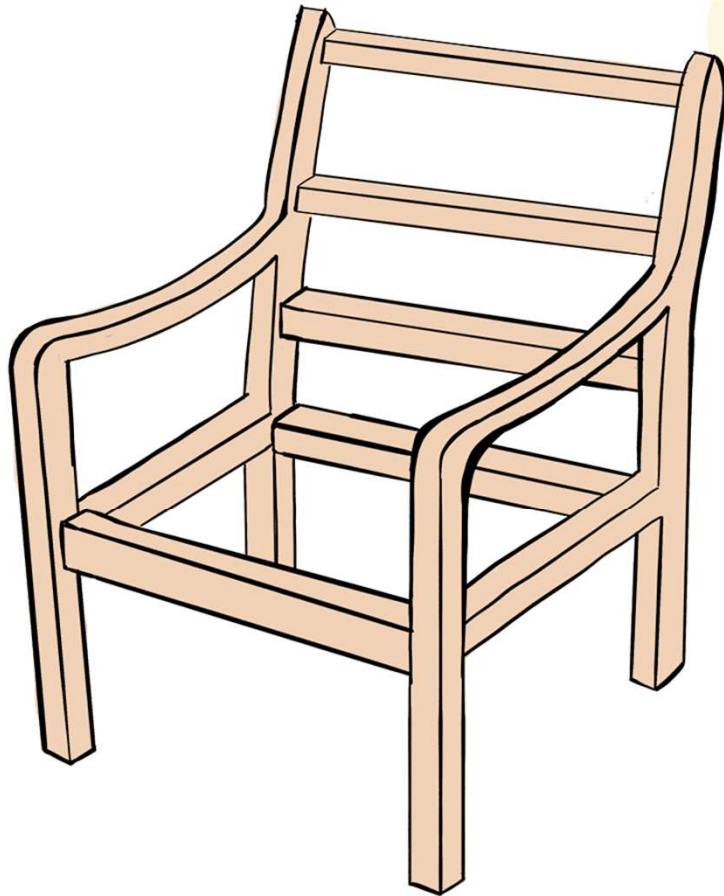


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ABI TRS: Bolstering the BIRS continuum



*I think that this transition recovery allows them to be treated by their inpatient therapists, and then they're being treated by outpatient therapists, you know, that kind of have the **same philosophy** - you're all on the same goal plan - but there's a **consistency** there, and there's a **surety** there. You're all **specialists in brain injury***
– Professional

*...they came to see you in the hospital which was great and they had, like, an example of what a week of therapy would look like so we **had that vision** when we first went*
– Significant Other

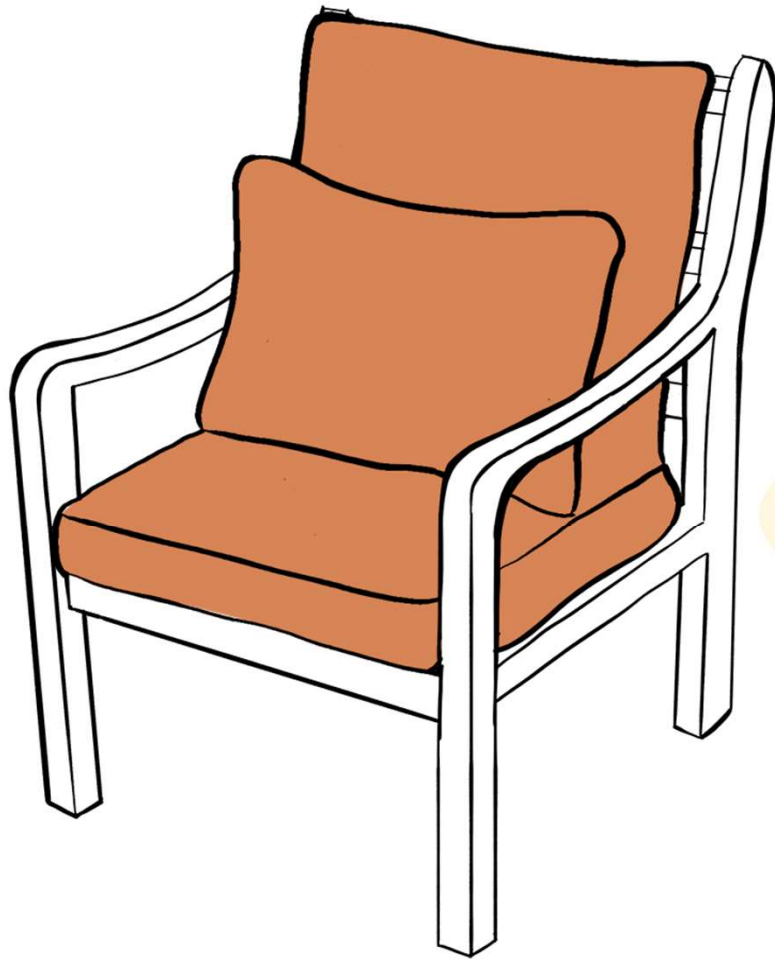
*Just the fact we had **somewhere to stay and continue therapy outside of the hospital.** That was just huge for me*
– Client

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Transitional rehabilitation support is providing a “soft landing”



*I think it gave her a bit of a **soft landing** in some respects, getting out of hospital... there was no feeling of abandonment, if you like, because as I said it's a **significant change of environment** from a hospital environment and to do that without having people like [ABI TRS clinicians] come around periodically to just help her develop strategies, she probably would have been all at sea... I certainly would have been...*
- Significant Other

*I think also just knowing that with that time limited service that it gives people that **support in that vulnerable window after going home.***
- Professional

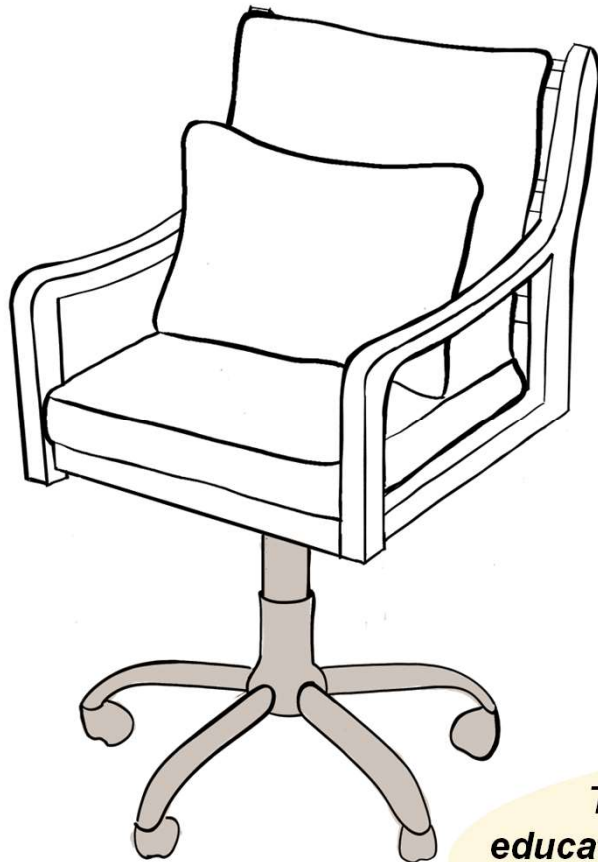
*I'm not saying it's easy now. It's **definitely not easy.** But I've found a **way to cope** with it all... It actually makes me shiver, thinking about what it could have been like if I didn't have TRS there to help.*
- Client

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ABI TRS: Equipping clients and families



*During those therapies we create some sort of – what we call **working templates** and put together strategies that I constantly look, **I do it every day**...So I have strategies for **work** and I have strategies even for life, for **paying my bills** or something. Those are things that are going to be with me for a while.*
– Client

*When she first came out [of hospital] she thought, oh, well, all of the problems she was struggling with were hospital related not brain injury related and that when she was home she'd be **pretty much back to normal** within a very quick period of time and that **just wasn't happening**... in the early part of the TRS she wasn't all that interested in taking on the strategies but **as she became more aware she certainly started to adopt them.***
– Significant other

*That's certainly a strength as well, that people are **better educated and informed**. Clients who come to us from the ABI TRS are generally further **advanced** in their rehab outcomes*
– Professional

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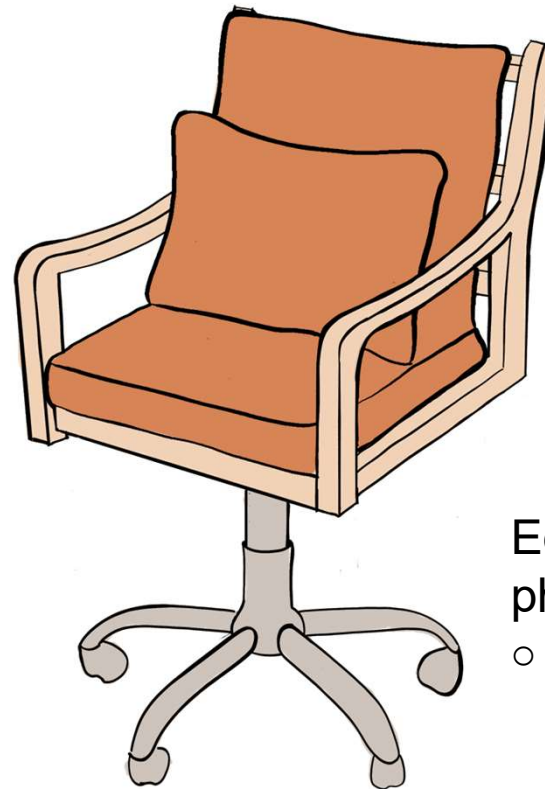
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Discussion

- ABI TRS: Meeting expectations?

Transition support as a necessary “soft landing”

- Service model design
- After brain injury, transition support is valued: see [Abrahamson et al. 2017](#); [Holloway et al. 2019](#); [Kitzmüller et al. 2019](#); [Nalder et al. 2013](#); [Picenna et al. 2016](#)



Bolstering the BIRS continuum

- *Extending suite of specialist ABI rehab services*
- *Continuity between hospital and community*
- *Enhance access to community rehabilitation*

Equipping clients and families for next phase

- *Facilitate early community re-integration outcomes for adults with ABI & their families*

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Discussion

- Limitations
 - Sample: dyads vs individuals without significant other
 - Mid-term vs longitudinal outcomes

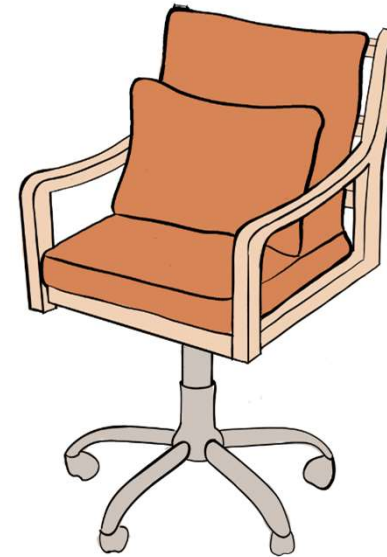
- Continuing mixed-methods formal evaluation
 - Follow-up with professional stakeholder group
 - Outcomes from client clinical data
 - Outcomes from client satisfaction surveys

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Thank you!

- Questions?



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