

JUNE UPDATE

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Give our kids
the gift of warmth
this Jammies in June



Jammies in June

A heartwarming contribution was made this month towards Jammies in June from our Auckland services staff that will go a long way to helping tamariki in need this winter.

It was a wonderful opportunity for ABI staff to give back to the community, and the North West and Auckland Intensive teams did an amazing job gathering contributions for those in need.

In total, we collected:

- 26 jammies
- 11 hot water bottles
- 19 pairs of socks
- 8 beanies
- 6 blankets
- 3 track pants
- 4 jumpers
- 1 thick jacket

We delivered to Middlemore hospital last week and the Kidz First staff were very appreciative of ABI's help.

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Audit season

Thanks to everyone who supported the external audit for Nga Paerewa Standards which happened the last week of June. The hard work done by Donna and Himani in particular was much appreciated to ensure we were ready and well-coordinated. We expect a draft report within six weeks and we will provide an update again once we receive feedback.

ABI in the news

The Listener NZ released a comprehensive article on Long COVID, including ABI's support through a self-directed programme for recovering from Long COVID. We have circulated copies to each of the services, please take the time to read through.

Training for Independence go-live

Our new Training for Independence service went live on 1 July. Speak with your manager if you missed the information circulated about this, and look out for additional training sessions soon so everyone is aware of the changes.

International Friendship Day

We will be celebrating this day at the end of July – stay tuned for more information soon.



**New team
members to join
us in June:**

**Digimol Raphel
Peti Hoeft
Johane Nhiwatiwa
Dayanital Ram**

**We're glad to
have you on the
ABI team!**

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ABI has been collaborating with Corrections (Ara Poutama) for several years to ensure those in care are able to access TBI rehabilitation. TBI in prison is an extremely common injury for both those in care and those working at the prison and unfortunately, many people enter prison with a TBI (or many TBI's). Before COVID, there was a plan to pilot concussion clinics in prisons in South Auckland Correctional Facility, Tongariro, and Manawatu Prisons. Unfortunately, prisons were locked down to external visitors during the pandemic and there have been serious workforce shortages within prisons that have not allowed us to achieve the clinics at these prisons. Our team has not been able to get into prison until just recently.

We have been supporting clients and staff in Mt Eden, South Auckland Correctional Facility, Ngawha in Northland, Arohata Womens Prison in Tawa, Remutaka Prison, and Manawatu Prisons on an ad hoc basis and many of our clinicians are approved and comfortable to go into prison. Getting in and out of prison is lengthy and clearance has to be pre-approved so it does take quite a bit of time.

Auckland Prison at Pareremoremo is New Zealand's maximum security prison where prisoners are life sentenced due to the crimes they have been found guilty for. Despite assaults and accidents occurring daily, many clients do not like to admit they are injured for fear of being perceived as weak so it is difficult to get consent to support not just from ABI but also the health centre within the prison.

The Auckland Prison Health Centre and ABI have recently been working together to begin a Concussion Clinic on-site where ABI will receive all referrals for TBI. Over the last few months, ABI has provided training to the nurses and GPs within the health centre on TBI, the BIST tool, ACC pathways, and WayFinders. Two of our Epsom clinicians have been inducted and oriented to the site and held the first clinic. Our plan is for some support to be completed by telehealth if and when required. Providing a clinic on-site is really efficient for our ABI team. This is a great milestone for ABI and thanks to our clinicians for putting their hands up to do this important mahi in a challenging environment. We will continue exploring and offering this approach for other prisons.

MĀORI DEVELOPMENT PĀNUI

Matariki – a time to reflect, celebrate and welcome new beginnings



Matariki is the perfect time for ABI's first Mātauranga Māori Roopu Hui which was held on the 23rd of June. This group will provide ABI with expertise in Mātauranga Māori. We welcomed Faith Curtis-Flavell (Pou Whirinaki/Chair), Rukingi Haupapa, Sharon Pihema, and Lee Walters all of whom provide a plethora of experience and knowledge in Te Ao Māori, stroke and lived experience. We thank them for the contributions they have already made and the commitment to guide ABI in our Tiriti-led approach.

We also thank our Kaiarahi Kaupapa Māori Zarnia Pickering and Joanna Young for their beautiful TedTalk presentation around the mahi they do accross ABI and how critical their role is to the care of our kiritaki and whānau. You can watch the TedTalk recording here: <https://youtu.be/GPbN76YYVd0>

We have some exciting kaupapa coming up as we celebrate Matariki together across ABI. This years Matariki theme is 'Matariki Kāinga Hokia' – Returning to our whānau, whenua (lands) and ourselves. We encourage everyone to get involved and learn more about Matariki including the common phrase you'll hear over the next few weeks 'MANAWATIA A MATARIKI' welcoming Matariki and wishing people well throughout this season.

SPOTLIGHT ON...

JORDAN



One year ago, Jordan sustained a moderate traumatic brain injury from an assault and nine months later, he completed his first half marathon. Neither of these were on Jordan's radar, but when he was discharged from hospital, he knew he wanted to make the most of his life.

Jordan was admitted to Auckland Hospital's ICU, and it was in the Wards where all he remembers was feeling "pure pain everywhere above the shoulders" and having a severe lack of sleep. A week later, he was transferred to ABI for inpatient rehabilitation.

During this time at ABI, he had an epiphany about the importance of life and how short it really is. The challenge to return to some degree of normality seemed impossible, but Jordan's resilience and optimism have led him in the right direction to a full recovery. Through the guidance and support of his rehab team, he got a sense of hope and confidence, and through the use of the right strategies, he can live a fulfilling life after a brain injury. One of these team members was neuropsychologist, Jess. She helped him process what had happened and the feelings and emotions that go along with sustaining a brain injury. He has learned to be appreciative of the smaller things in life and that it is up to you to determine your response to adversity.

"When your life gets tipped upside down, you've got to look at it from another angle."

Jordan has since adopted a growth mindset and has developed habits he never thought he would, including journaling, meditating, and reading. Previously held back by social anxiety, he has delved into the world of filmmaking and drawing and has developed an eagerness to learn more about the human brain. Understanding he still has a long way to go, he attributes the opportunity to live a life of normality to all those who have supported him from the very beginning. To show his gratitude and to help those on a similar journey, he has raised over \$4500 for organisations that helped him. "For anyone who is going through rehabilitation after a brain injury, know there is light at the end of the tunnel. Take it easy, listen to your rehab team, and take one step at a time."