

SKILLS TO ENABLE PEOPLE & COMMUNITIE S

STEPS NEWSLETTER

From the Manager....

Welcome to 2012. We are excited by the start of another year for the STEPS Program, and by now have had direct contact with many of you, so we know you are excited and ready-to-go too.

We have some temporary staff changes here at the STEPS Program. We welcome Karen Goddard, who is a rehabilitation coordinator with ABIOS in her usual role, to working with STEPS Program 3 days per week (Monday, Wednesday, Thursday) until the end of April. Our usual STEPS Program Coordinator, Ben Turner, is temporarily working on a project planning for brain injury services in Queensland and he will be working with STEPS Program 2 days per week (Tuesday, Friday) during this time. Karen has already begun working with some Network Groups and managing some STEPS Skills Programs. Welcome, Karen!

You can see some of our early 2012 work peppered throughout this edition, plus some reflections on 2011– see page 2 for a summary of STEPS Program activity for 2011.

Enjoy the first read for 2012.

Areti

STEPS recognised internationally!

The STEPS Program recently featured in a new, international publication,

“**Casebook of Exemplary Evidence-Informed Programs that Foster Community Participation After Acquired Brain Injury**”, which showcases case examples of community participation after ABI.

This casebook was compiled by the Ontario Neurotrauma Foundation in partnership with the University of Toronto in Canada. It is the first compilation of evidence-informed programs that foster community participation in people of all ages with brain injury from countries around the world, including USA, Canada, Netherlands, Zambia, Ireland and Australia. The diversity of programs described is testament to the influence that environment and local community factors have on ensuring programs are relevant to their local context and, thereby, to the local people they are each targeting. To be included, services had to be comprehensive programs rather than individual practices that were essentially community based or focused. Further, programs needed to consider the individual from a holistic perspective, taking into account psychological and social components that affect the health of the individual, e.g. quality of life and sense of well-being, along with the physical and cognitive components. The overarching goal of the casebook has been to help others learn about exemplary programs by making information about them accessible to service providers, policy makers, and researchers for possible replication and/or adaptation. The search was worldwide and involved a systematic process to select those programs that are evidence-informed and exemplary in fostering community participation, i.e. programs in which individuals and families actively participate in their own rehabilitation.

It is an important publication and the STEPS Program is proud to have been invited to contribute to it.

STEPS

Issue 25

March 2012

Special Points of Interest:

- ☉ STEPS recognized internationally
- ☉ Program Plans for 2012
- ☉ Two stories from STEPS Participants

Inside this issue:

From the Manager	1
STEPS recognized internationally	1
STEPS Program Plans for 2012	2
Developmental sites for 2012	2
STEPS Leader Training	2
STEPS Program 2011 Activity	2
STEPS Skills Program– Reports	3
• Noosaville	
• Newstead	
• Caboolture	
STEPS Network Groups	4-5
• Bundaberg	
• Biloela	
• Maroochydore	
• Innisfail	
• Ipswich	
STEPS Leader Network	5
Open Network Groups	6
Spotlight On.. Gladstone	7
STEPS Skills Programs in QLD Map	8
Story of a STEPS Participant	8



STEPS PROGRAM ACTIVITY UPDATES

Plans for 2012

STEPS is off and running this year with numerous STEPS Skills Programs planned for the first half of the year with 6 STEPS Skills Programs already running. If you would like to see another Skills Program planned for your area contact Areti, Ben or Karen on 3406 2311 or 1300 727 403 (local call cost only) outside Brisbane.

Completed STEPS Skill Programs – Toowoomba, Tarragindi, Yeppoon and Gladstone.

Current STEPS Skills Programs – Ipswich and Beenleigh.

Upcoming STEPS Skills Programs – Hervey Bay, starting 8 May
Gold Coast, starting 28 May.

Development for 2012

Overall, the STEPS program plans to undertake a year of consolidation, with particular focus on supporting the many, already-established Network Groups and their local leaders throughout Queensland. We will also have many STEPS Skills Programs offered in communities where we already have trained leaders. However, we are also targeting growth in far north Queensland, especially the Tableland area, and in the central west-Longreach/ Emerald- too. If you are interested in working with us to develop the STEPS Program in some other local community in 2012, we'd still love to hear from you. Just call us to discuss your local situation and ideas.

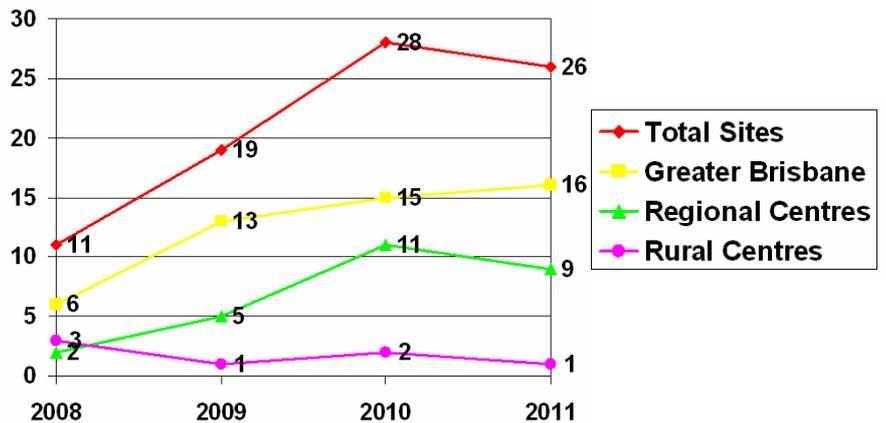
Leader Training

The first STEPS Program Leader Training will be held in Brisbane at ABIOS offices, on Monday/Tuesday 23/24 April. Contact STEPS if you are interested in attending this training. You can also contact us if you are interested in having STEPS Program Leader Training in your local community.

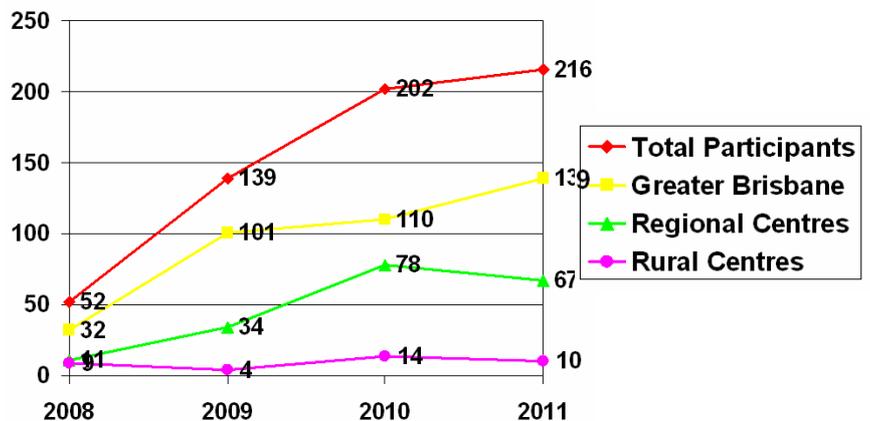
Activity in 2011

28 STEPS Skills Programs were offered in 2011, with 216 participants attending. We also welcomed 6 new Network groups into the STEPS fold in 2011, including several in regional and rural locations, so that now, approx 220 people are gathering together in 24 local community groups on a monthly basis.

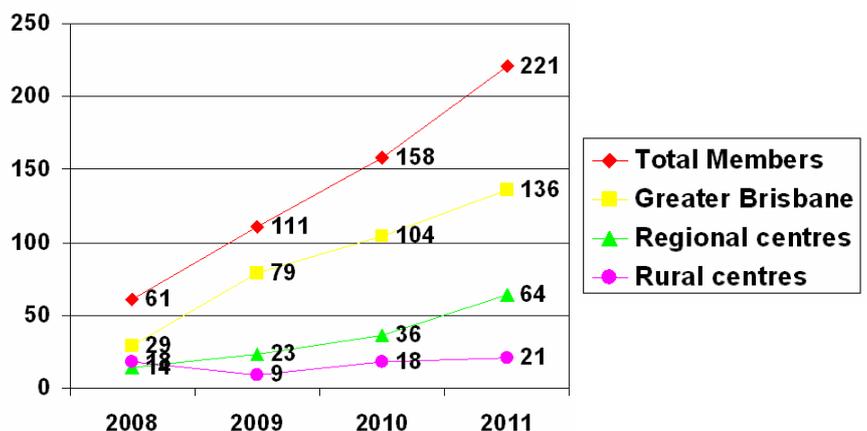
STEPS Skills Program Sites:
2008 - 2011



STEPS Skills Program Participants:
2008 - 2011



STEPS Network Groups
- monthly attendances



STEPS Skills Program Reports

STEPS Noosaville

Noosaville was the site of the first STEPS Skills Program on the northern end of the Sunshine Coast. Starting in late October and held at the Noosa Leisure Centre, this group was led by a local occupational therapist, Jacqui, and a local trained volunteer, Lesley. Both leaders adjusted to working together from the very outset. Together, they fostered a strong sense of active participation in the program for the group so there were many interesting exchanges of ideas and information throughout the 6 weeks. The group break-up activity was held on the stunning foreshore of the Noosa River,

with a shared picnic in early December. The group enjoyed this so much that they are going to have their first few Network Group meetings for 2012 at the same place, getting some exercise

walking along the river first, before enjoying morning tea together. They also plan to have some information mornings later in the year.



STEPS Newstead

A local community service, Footprints In Brisbane Inc, delivered this STEPS Skills Program late in 2011. The leaders, Jane and Mike, have a lot of experience delivering group programs, so were able to make our new STEPS Program participants feel very

welcome in this program. The group were keen to learn from each other, and valued hearing about the different experiences of other group members. For the group break-up activity, the group looked around the Art Gallery at Southbank in the cool air-conditioning, before braving

the heat and sunshine for lunch in Southbank itself. The group plans to continue its connections in 2012, aiming to have monthly meetings together, initially back at the Footprints offices.

STEPS Caboolture

Our last group to finish for 2011 also had some eloquent personal reflections on the program. Here's one of them: "I have been attending my local STEPS Group Program at Caboolture for the past 6 weeks and found the information, camaraderie, and support the program offers to be essential to our rehab and guide to our independence through community access. The first meeting was attended by a number of old friends who were patients in the PA Hospital BIRU unit together. This set the scene for a

very relaxed and tight group. Both Cassie and Kerry have been wonderful, they are caring and knowledgeable STEPS Coordinators; we each had our own individual situations which came with our own challenges. Each participant had varying degrees of support since discharge from hospital, and we were all able to assist each other with suggestions from our own experiences. This program has been a godsend to the participants. Kimberley is my OT and is also a STEPS coordinator at Maroochydore. This has been of great benefit to my therapy, because I

have been able to relate my progress via our STEPS group to my personal rehab. The STEPS Program is very necessary in providing an essential support network for people who have suffered an ABI! My score is 10/10 for our program".

Shane Wood

For another personal perspective on the Caboolture STEPS Program, go to page 8 where Jodie and her mother Jan talk about their experience of this group.

STEPS Network Groups

STEPS Bundaberg

Our 2011 Christmas party was fantastic- 25 people came. The local "Orange Thumbs" charity set up by one of our members, Gary, subsidised the catering for the lovely lunch at Café 1928 in the botanical gardens. Thanks a bunch, Gary, everyone was thrilled about this! I made Christmas cupcakes for dessert. We also had a little bag of goodies for each person. Many



thanks to Gabby for helping me with the group this year and to Shelley for re-organising our mailing list and creating the flyers for our group. 2011 was a busy but wonderful year for our Brain Injury Friends group here in Bundaberg.
Leanne

STEPS Biloela

The Biloela Network Group has been out and about networking in the area with a few social coffees thrown in! So far this year we have met with staff at the local Community Resource Centre (CRC) as well as Bluecare. The

CRC is a purpose-built centre operated by Banana Shire Council. Pam from the centre was there to answer our questions about support and resources in the area. Some members also approached Bluecare to inquire about respite

services available when a carer may need a break. Debbie provided us with useful information booklets and answered our questions. Everybody felt the information they received answered a lot of their queries and concerns.

STEPS Maroochydore

Our new group got into the festive spirit just before Christmas, all sharing tasty Christmas fruits and other goodies together. Some of us even dressed in festive clothes for the event! We have started meetings again for 2012, and recently had a local computer training organisation come and talk to our

group. Some group members have already done some computer training courses- short/long, beginner/intermediate/advanced- with this organisation, so it was a good chance for us to exchange information with each other and think about some new opportunities for 2012.



STEPS Innisfail

After much planning, the Innisfail STEPS Network Group finally got to do some exercise at the local PCYC. Our group members have been interested for quite a while and a recent increase in the amount of equipment in the gym has allowed for a change in the format of the program, which has made it even better and safer for our members. People are now shown how to do the circuit exercises and

then can do them at their own pace- perfect for us! (Previously, each exercise had to be completed in a set time, which was much too fast a pace for some of our members). Supervision is still provided for the entire 1-hour session by a personal trainer, who also instructs us on how to do the exercises correctly. We plan to use this facility on a regular basis throughout 2012. Well done to all!



STEPS Ipswich

On the 16 February, one of our Ipswich STEPS Program Leaders, Doug Stubbs, went on Jamie Dunn's Breakfast Radio Station (98.9FM) to talk about his experiences of brain injury and the STEPS Program. Doug is passionate about raising awareness of brain injury in the community. He approached Jamie and asked for an opportunity to talk on air. Doug did a great job explaining

the impact of brain injury, making the following comments about changes after brain injury: "a lot of common things that people with Acquired Brain Injury suffer include memory issues, relationship issues, and you can imagine the life-changing aspect – I was actually a manager on quite a serious sort of wage, and then suddenly, there's nothing." He went on to describe the STEPS

Program – "the whole idea behind the STEPS Program is trying to get people to self-manage, to get them back into the community." Doug also spoke about his own injury and the challenges he has faced. He was very well received by Jamie Dunn and his crew. Doug even managed to get the STEPS Program phone number and details out on air!

STEPS Leader Network

Our STEPS Leader Network activities for 2012 kicked off with our first teleconference in early February. We circulated our Leader Contact list to all leaders. This will provide leaders around Queensland with the contact details of other leaders, so they can contact each other directly to discuss issues relating to their respective STEPS groups. See the table on right for the details of our 2012 Leader Network teleconference schedule:

STOP PRESS: Don't forget to return your 'STEPS Leader Network Technology Questionnaire' questionnaire to Karen on karen.goddard@health.qld.gov.au by 30 March. We are keen to know what technology STEPS Leaders are already using, so we can look towards developing resources. Any queries, give Karen a call at STEPS'.

TIME and DATE	MAJOR ITEM
10am, Thurs 2 Feb Business Planning	<ul style="list-style-type: none"> • STEPS Program review– 2011 activity, 2012 plans • 2012 Leader Network teleconference schedule • Videoconference/skype ideas for future
10am, Thurs 15 March Educational Topic	<ul style="list-style-type: none"> • ABI service development– follow-up from STEPS Leader Training Forum– Ray Quinn, ABIOS manager • Description of the Acquired Brain Injury Outreach Service (ABIOS)- Karen Goddard
10am, Thurs 17 May Meet the Leaders	Case studies of ABI– leaders share examples of the influences and impacts of ABI from their local groups.
10am, Thurs 19 July Business Planning	ABIOS 'tutorial'- Working within the current system to find local services to meet people's needs.
10am, Thurs 20 Sept Educational Topic	Tips and Ideas for group facilitation in STEPS Skills Program and Network Groups.
10am, Thurs 15 Nov Meet the Leaders	Case studies of family support (of lack thereof) and changes after ABI– leaders share examples from their local group.

Open Network Groups

Here is the list of Network Groups are open to new members, places where they meet and the contact person for each of the groups.

Biloela- Ben Turner: Ph 3406 2311

Monthly meetings, dates TBA, various local community venues

Bundaberg (B.I.F (Brian Injury Friends)– Leanne Curtis: Ph 4155 2303 & Gabby Walker: Ph 0437 406 445 (Areti Kennedy)

Monthly meetings, 4th Wednesday of month, 10am– 12noon at various community locations.

Cairns- Areti Kennedy: Ph 1300 727 403 or 3406 2311

Monthly meetings, dates and exact venues TBA.

Fraser Coast Hinterland Brain Injury Support Group- Jennie Whitley: Ph 4131 4258 (Areti Kennedy)

Monthly meetings, 2nd Tuesday of month, various community locations

Gold Coast– Sumana Lymberry: Ph 0416 172 697 & Ben Turner: 3406 2311

Monthly meetings, last Wednesday of each month, various community venues.

Innisfail– Raylene McSwan: Ph 4063 3742 or 0437 972 587 (Areti Kennedy)

Monthly meetings, 1st Thursday of month at Healthier Great Green Way, 180 Edith St, Innisfail

Ipswich– Ben Turner: Ph 3406 2311

Monthly meetings, 2nd Tuesday of month, 10am-12noon at various community venues

Kingaroy– Bobbie D’Arcy: Ph 4162 9220 (Areti Kennedy)

Monthly meetings, 2nd Friday of month, 10am-12noon, Gloria Jean’s cafe, Kingaroy Shopping World

Kirwan (Townsville)- Noel Ball: Ph 0408 151 932, Tina Ferriday: Ph 0407 750 731 (Areti Kennedy)

Monthly meetings, 1st Wednesday of month, various community locations

Mackay– Anne Jennings: Ph 4968 3823 (Ben Turner)

2-monthly meetings at various local venues

Maroochydore- Areti Kennedy: Ph 1300 727403 or 3406 2311

Monthly meetings, 4th Monday of month, 10am-12noon, various community locations

Noosaville- Work Rehab: Ph 1300 856 440 or E-mail info@workrehab.com.au (Areti Kennedy)

Monthly meetings, 1st Tuesday of month, 10am- 12noon, Noosa Yacht Club shelter, off Gympie Tce

Rockhampton- Susan Ryan: Ph 1300 523 985 & Ben Turner: Ph 1300 727 403

Monthly meetings, dates TBA, Centacare Rockhampton (Bolsover St, Rockhampton)

Toowoomba– Mary-Ann Garrahy: Ph 4030 1709 or 0409 592 863 (Areti Kennedy)

Fortnightly meetings, 2nd Monday of month at Sunset Superbowl, Green Wattle St. 4th Monday of month at various community locations 10:30am- 12:30pm

Yarraman– Peter McLean: Ph 4163 8780 (Areti Kennedy)

Monthly meetings, various community locations, contact coordinator directly for exact details.

Yeppoon- Michael Lee: Ph 4913 3230 (Ben Turner)

Monthly meetings, various community locations, contact coordinator directly for exact details.

Greater Brisbane

Acacia Ridge– David Firth: Ph 0411 501 641 (Areti Kennedy)

Weekly meetings, Mondays 10am-12noon, Acacia Ridge Community Centre, Hanify St, Acacia Ridge

Bayside– Denice Rundle: Ph 3823 4851 & Ben Turner: Ph 3406 2311

Monthly meetings, 2nd Thursday of each month at various local venues

Brisbane Central– Ben Turner: Ph 3406 2311

Monthly meetings, 1st Wednesday of month, 10am-12noon; venue alternates between ABIOS & a community setting.

Caboolture– Areti Kennedy: Ph 3406 2311

Monthly meetings, 3rd Friday of month, 11am-1pm at various community locations

Forest Lake- Elaine Trotman: Ph 0438 818 235 & Ben Turner: 3406 2311

Monthly meeting, last Tuesday of the month, 10am- 12noon at various local venues.

Logan Coffee and Chat Group- John Enright: Ph 3388 6056 (Ben Turner)

3rd Wednesday of month, 10am-12noon at Logan Diggers RSL Club, 42-48 Blackwood road, Logan Central

Logan North– John Enright: Ph 3388 6056 (Ben Turner)

Monthly meetings, 1st Monday of month, at various community locations

Mt Gravatt– Ty Hill: Ph 0401 317 643 & Areti Kennedy: Ph 3406 2311

Fortnightly meetings, Wednesdays, 10am -12noon at Perks Café, Town Square Garden City shopping centre; alternating with community social outings at various locations

Newstead- Areti Kennedy: Ph 3406 2311

Monthly meetings, 1st Monday of month, 9-11am, Footprints (Newstead), 105 Commercial Rd, Newstead

Nundah- Areti Kennedy: Ph 3406 2311

Monthly meetings, 2nd Wednesday of month, 1:30- 3:30pm, various community locations

Pine Rivers- Sue Wright: Ph 3406 2311

Monthly meetings, 3rd Wednesday of month, 10am-12noon at Pine Rivers Neighbourhood Centre

Redcliffe– Cherie Carter: Ph 3284 6839 (Areti Kennedy)

Monthly meetings, 2nd Wednesday of month, 10am-12noon at Redcliffe Leagues Club, cnr Klingner and Ashmore Rds, Redcliffe, or various community locations

Spotlight on.. Gladstone

The Gladstone area was first explored by Captain Cook in 1770. Although it wasn't until almost 80 years later that the first settlement of Gladstone occurred, and was named after William Ewart Gladstone, who, at the time, was the British Colonial Secretary. He later became Prime Minister of Great Britain! Basically a penal colony, with over 200 convicts, it was closed down less than a year

later. In 1854 a township was born, which developed on the site of the original penal colony. For some time Gladstone was promoted as a future capital of Queensland.

Gladstone has a beautiful natural, deep water harbour (Port Curtis) which was first discovered and named by Matthew Flinders in 1802. However, even with having a

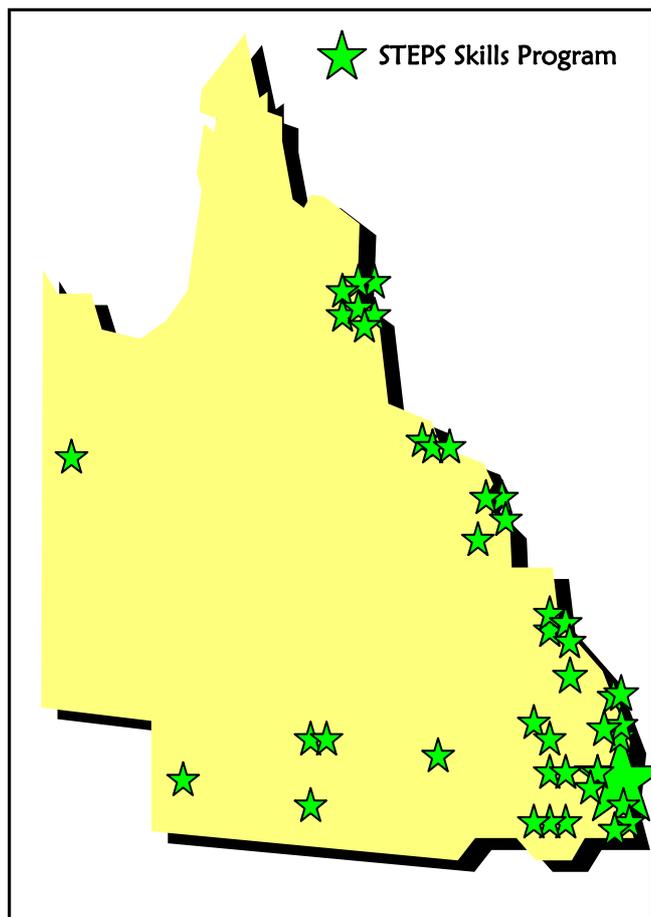
near perfect harbour, Port Curtis remained a small port for many years that only served the local cattle industry. Then the exportation of coal from the Moura fields started, the results of which was a huge increase in port activity.

Located in the centre of the Southern Reef, Gladstone offers residents and visitors access to the Great Barrier Reef.

Balanced with large areas of green open space, including several national parks, historical sites, bush walks and marine activities, including fishing and crabbing, residents have a wide choice to explore and experience the great outdoors. A strong sense of community with a "can do" attitude and a relaxed and friendly atmosphere permeates throughout the region.



STEPS Skills Programs in QLD Map



- 2006** - Maroochydore, Caloundra, Buranda, Cleveland, Gold Coast, Mackay, Bundaberg, Capalaba, Annerley
- 2007** - Gold Coast, Bracken Ridge (2), Rockhampton (2), Bundaberg, Charleville (2), Innisfail, Kingston, Woolloowin, Roma, Cairns (2), Mitchelton, Carina
- 2008** - Logan central, Chermside, Bracken Ridge, Rockhampton, Far South West Qld (telegroup), Cunnamulla, New Farm, Warwick, Maroochydore
- 2009** - Logan north(x3), Pine Rivers, Red Hill, Townsville, Mt Gravatt, Warwick, Stratford (Cairns), Rockhampton, Gordonvale, Riverview, Buranda, Nundah, Redcliffe, Cleveland, Mackay, Hillcrest, Acacia Ridge
- 2010** - Warwick, Buranda, Rockhampton, Brinsmead (Cairns), Mt Gravatt (2), Ipswich, New Farm, Logan north(2), Beaudesert, Pine Rivers, Mackay, Bulimba, Arundel (Gold Coast), Smithfield (Cairns), Toowoomba (2), Townsville, Kingaroy, Yarraman, Elanora (Gold Coast), Wynnum, Ipswich, Zillmere, Mt Isa, Stafford
- 2011** - Biloela, Browns Plains, Bundaberg, Buranda, Capalaba, Edmonton (Cairns South), Elanora (Gold Coast), Forest Lake, Ipswich, Kirwan (Townsville), Logan North (2), Maroochydore, Maryborough, Nundah- CBRT, Rockhampton (3), Spiritus- Southport, Townsville., Browns Plains, Yeppoon, Biloela, Manunda (Cairns), Buranda, Newstead, Noosaville

Story of a STEPS Participant

Since my daughter, Jodie, suffered a stroke in March this year and after being discharged from the PA Hospital in July, I found it very difficult to find some kind of "an out" that Jodie and myself could attend together as some kind of a retreat from the circumstances we now faced together for the future.

We were advised of a STEPS Program and asked if we would be interested in attending. Of course, we said yes as we were fast running out of options.

From the very first meeting we attended, we both knew this was going to be good for both of us and eagerly looked forward to attending the next meeting and all the others after that.

We found the "get togethers" to be not only enjoyable and relaxed, but a tremendous help to those ex patients who could openly discuss their individual situations with other people who had similar experiences. It was also extremely helpful to the carers who attended enabling all involved to make new friends and show support and offer assistance to each other.

Both Kerry and Cassie, the two team leaders, approached their duties in a very caring, friendly and supportive manner and are highly regarded by all who attended.

Jodie claims the STEPS Program saved her sanity and she thoroughly enjoyed her time there. Her only criticism is that six weeks was not long enough and she is sorry to see it end.

Keep up the good work Kerry and Cassie. I know you will continue to be of assistance to many, many more people who find themselves in our situation.

Many, many thanks to you both,

Jodie Graham and Jan Olsen.

STEPS CONTACT DETAILS

STEPS Program

Acquired Brain Injury Outreach Service (ABIOS)

PO Box 6053, Buranda 4102

Ph: (07) 3406 2311

Fax: (07) 3406 2399

Email: STEPS@health.qld.gov.au

www.health.qld.gov.au/abios