

IS BEHAVIOUR CHANGE AFTER BRAIN INJURY INTERFERING WITH YOUR LIFE?

- + Angrier or more aggressive?
- + Lose your temper?
- + Say or do inappropriate things to others?
- + Struggle to start or finish things?
- + Wander off where it's unsafe?
- + Repeat things over and over again?

Changes to your behaviour can interfere with achieving things you want to do, be upsetting for you and other people in your life, and can disrupt your participation in the community.

WE WANT TO HELP

We work together with you and the important people in your life to:



Understand what meaningful things you would like to accomplish



Learn how behaviours and other obstacles get in the way of achieving this



Work out and try a step by step plan
Teach you skills to stay in control of your behaviour



Help you decide on what works best, and how you and your team can continue with this after we finish working together

At the Monash University Positive Behaviour Service, we use a Positive Behaviour Support approach, called PBS+PLUS, which we have designed for people with brain injury.

- + You decide what we work on and who else is included
- + Sessions can be conducted at your home, the Notting Hill clinic and over teletherapy
- + The cost may be covered by TAC, Workcover or Medicare (Low cost private fees available)
- + Free or low fee sessions by provisionally registered psychologists under supervision of experienced clinicians

FURTHER INFO

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