

## ACCESS

If you are a person whose primary medical condition is spina bifida or hydrocephalus, and you would like to be involved with any of the GOALS programs mentioned you need to register with SBH ASSIST. Contact SBH ASSIST staff on 3844 4600. There is no cost to register with the service.

## Support/Advocate

Individuals are welcome to bring a support person of their choice to assist them at any stage of the program. Please talk to an ASSIST staff member for more information.

## Eligibility

Any adult whose primary medical condition is spina bifida or hydrocephalus, and who lives in South East Queensland.

## Who provides the service?

GOALS is one of the programs by SBH ASSIST which is staffed by:

- ♦ 2 part time Social Workers
- ♦ 1 part time Occupational Therapist

## More Information

An information kit which contains more detailed information on SBH ASSIST, client rights and responsibilities, policies etc. is available on request



SBH Queensland's offices are located in Tillot St, Dutton Park, just off Annerley Road. It is close to both the Mater and PA Hospitals. Park Road train station is the nearest stop and this is a fully wheelchair accessible railway station.



**Spina Bifida Hydrocephalus Queensland  
ASSIST**

**21 Tillot Street  
Dutton Park QLD 4102**

**P.O. Box 8022  
Woolloongabba QLD 4102**

**Phone: 07 3844 4600  
Freecall: 1300 655 447 (regional)  
Fax: 07 3844 4601  
[www.spinabifida.org](http://www.spinabifida.org)**

**Staff Email:**  
**[jkennedy@sbhqueensland.org.au](mailto:jkennedy@sbhqueensland.org.au)**  
**[sdennis@sbhqueensland.org.au](mailto:sdennis@sbhqueensland.org.au)**  
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**Spina Bifida Hydrocephalus  
Queensland**

**ASSIST**



***GOALS***

**Growth  
Opportunities  
Access and  
Life Skills**

**A program for adults  
with spina bifida or  
hydrocephalus who  
live in south-east  
Queensland.**

## What is GOALS?

**Growth** - in inner strength and understanding.

**Oppportunity** - for experience and development.

**Access** - and participation in the community.

**Life Skills**— for practical and everyday living.

GOALS consists of three programs per year focused on increasing skills, knowledge and confidence in different areas of daily life.

Each program offers a 4 day intensive workshop and individual follow up sessions in the participant's home or their local environment for up to 12 months.

## Programs

### Retreat Program

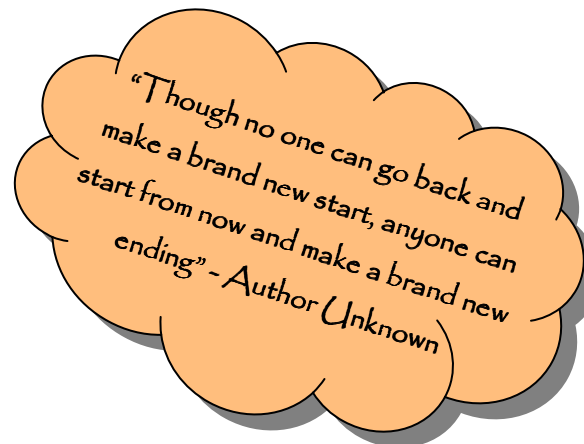
Focus areas include

- Communication - conversations, conflict management, body language,
- Personality - traits, habits
- Self awareness—the journey so far and the future beyond
- Self esteem - perceptions, images and change
- Positive thought and positive action
- Goals and choices - the reality of making life's decisions
- Dreaming

### 'Cross City Challenge

Focus areas include:

- ♦ Public transport— mastering the different modes of public transport
- ♦ Community access
  - ❖ negotiating the maze of professional services
  - ❖ strengthening your local connections



### Healthy Wealthy & Wise Program

Focus areas include:

- ♦ Good lifestyle choices
- ♦ Doing things for yourself
- ♦ Household management - getting real about housework
- ♦ Tips for getting around those tricky (and not so exciting, but important) household jobs.
- ♦ Diet and Cooking - healthy food choices that are small on the budget and big on the appetite.
- ♦ Budgeting and bill cutting



"Find it, cook it, clean it!"

### SBH ASSIST also offers adults with SBH:

- ♦ Individual Response Service (IRS)
- ♦ Information and Referral Service
- ♦ Local Lunches
- ♦ Email Newsletter
- ♦ Christmas Party

Please contact SBH ASSIST for further details on any of these.

SBH Queensland ASSIST is part funded by Department of Communities: Disability Services