

## Tailoring information to empower survivors of serious trauma injury

### Why is the project about?

A serious trauma injury (such as a brain injury, spinal cord injury, or amputation) is a life changing event. Often there is lots of new information about diagnosis, recovery and life after the injury.

### What did this project do?

This research project asked 12 people who have survived trauma injury, 5 of their carers and family, and 6 groups of health professionals who work with them, (made up of the following professions: Occupational Therapy, Physiotherapy, Speech Pathology, Social Workers, LSA planners), what and how information is currently given, and what could be done better to help the recovery journey.

### Why did we find?

Information should be given in a conversation and supported with written or online information that can be looked at afterwards. Five key areas were identified where an information resource could be helpful:

1. Rehabilitation and recovery pathway
2. Discharge planning
3. Grief and mental health
4. Identity after injury
5. Peer and carer support

### How were the results used?

These findings were taken to a group of survivors, family members and Lifetime Support Authority Service Planners to determine what was most important to work on. Together with the research team this group created an information resource for when someone goes home from hospital. The sections in this resource included a discharge checklist, carer information, mental health, life after the injury, financial support, and rehabilitation options. This resource has been developed as an online resource as well as a printable booklet. Survivors of trauma and their families shared their experiences and advice for others by making videos about discharge home, mental health, carer support, and rehabilitation options.

### How will the project outcomes impact its beneficiaries?

The co-designed resource is now ready to be shown to people who have survived a serious trauma injury. LSA planners will be able to provide written and online information about some common questions for survivors of serious trauma injuries who are returning home. The research also makes suggestions for clinicians when providing information to serious trauma injury survivors. The ability to understand, remember and use information provided will enable survivors to be active participants in their recovery and life adjustment after the injury.

### Acknowledgements

People with lived experiences of serious trauma injuries and their families who generously shared their experiences.

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