

# About CABIRS

CABIRS (the Child & Adolescent Brain Injury Rehabilitation Service) supports children and teenagers who have had a concussion, and/or mild to moderate traumatic brain injury. We do this by giving you access to education, advice, assessment and therapy that helps your child achieve their goals.

## What is a traumatic brain injury?

A mild or moderate traumatic brain injury, sometimes called a TBI, is caused by a bump, jolt or hit to the head or body, that causes the brain to move within the skull.

There are many ways this could happen, for example, if a child falls over and hits their head, if they have a sporting injury, or are involved in a bike or car accident.

A TBI can range from a mild concussion through to a more severe injury, and may or may not involve a loss of consciousness or lead to changes on a brain scan.

It is important to know that any type of brain injury can affect the way the brain functions and everyone's brain is unique, meaning different people are affected in different ways.



## Signs and symptoms of a brain injury

Children and adolescents who have experienced a concussion, mild or moderate TBI, may experience a range of ongoing signs and symptoms including headaches, dizziness, fatigue, drowsiness, difficulty concentrating and paying attention and emotional changes.

They may also find it hard to go back to school or sporting activities.

## Our services

CABIRS offers:

- > Outpatient services, advice, education, assessment and therapy if required
- > Access to our multidisciplinary team including Rehabilitation Medicine and Allied Health support staff
- > Support for reintegration to school, sport and community activities.



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## Who is eligible?

- > Children and adolescents aged 2-17 years who have an injury as a result of a motor vehicle accident, sporting injury, fall, or assault/knock to the head
- > Children and adolescents who have a diagnosis of concussion, mild or moderate TBI
- > Children and adolescents who were injured within the past 12 months
- > Children under 2 years of age who were involved in a motor vehicle accident.

## Who can refer?

Anyone can refer to CABIRS including family members, General Practitioners, hospital staff and Emergency Departments.

## How do I refer?

Download and complete a referral form from the CABIRS webpage at [www.wch.sa.gov.au/cabirs](http://www.wch.sa.gov.au/cabirs) and return to us by email using the details below.

## For more information

Women's and Children's Hospital

Child and Adolescent Brain Injury Rehabilitation Service (CABIRS)

72 King William Road North Adelaide SA 5006 Telephone: (08) 8161 7000

Email: [Health.WCHNCABIRS@sa.gov.au](mailto:Health.WCHNCABIRS@sa.gov.au)

[www.wch.sa.gov.au/cabirs](http://www.wch.sa.gov.au/cabirs)

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This document has been reviewed and endorsed by WCH-N consumers



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