



## **Brain injury support leaflet**

## Member support information

There are many organisations that specialise in providing help and support to people affected by different kinds of trauma and life-changing events. Below are the details of some of the organisations or groups you may contact for support.

### Headway Gauteng – the support group for families affected by brain injury

Headway Gauteng aims to provide a place of belonging for survivors of traumatic and acquired brain injury. They also offer various support programmes and counselling to both the survivors of brain injuries and their families. Headway offers information, practical advice and a better understanding regarding the future and how the family can make a meaningful contribution to the recovery of the injured individual.

While Headway Gauteng is not a rehabilitation centre or clinic, everything they do is therapeutic in nature with a focus on constructive, productive activities that encourage interaction and independence.

Therapists skilled in the treatment of traumatic brain injury provide therapeutic services while the collective energy and caring spirit of the volunteer counsellors ensure the successful running of their group therapy programmes.

The team understands that a great amount of strain is placed on all members of the injured person's family and the financial resources for professional services are often exhausted in the early days following the traumatic event. For this reason the costs to be part of Headway and attend the 'Activity Day' are kept to a minimum.

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#### Contact details

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Telephone number: 011 442 5733

Website: [www.headwaygauteng.co.za](http://www.headwaygauteng.co.za)

### BabyGym and Mind Moves Institute

A brain injury in a baby or young child is not a life sentence. The brain is mouldable and when nature's brain developmental recipe is followed, there is hope. Brain development relies on the stimulation of the senses and muscles. It is sequential and driven by the primitive reflex system to protect and develop the mechanics and skills needed for sucking, eating, keeping the head up and stable, rotating the trunk in preparation for rolling, sitting, crawling, walking, and talking.

Each developmental milestone is not only about the movements that you can see; reaching a developmental milestone shows something you cannot see: the development of the brain. Every developmental milestone reached shows that another part of the brain has developed successfully and precedes independence – the ultimate goal.

Dr Melodie de Jager is a South African developmental specialist and the founder of BabyGym Institute SA and Mind Moves Institute. Both institutes promote the importance of physical development to optimise brain and whole child/person development. BabyGym has been designed for babies and people who cannot move independently or talk audibly (or both). Mind Moves was developed for people who can move independently but who want to enhance their quality of life.



Both BabyGym and Mind Moves have been effective in rehabilitating children and adults who suffer from brain damage, a traumatic brain injury, a stroke, or an acquired brain injury. The sooner BabyGym or Mind Moves are applied the greater the improvement in physical and brain development.

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#### Contact details

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Telephone number: 011 888 5434

Website: [www.babygym.co.za](http://www.babygym.co.za)/[www.mindmoves.co.za](http://www.mindmoves.co.za)

### Contact us

Should you require further information of support, please do not hesitate to contact us on 0800 BANKMED (0800 226 5633).

Bankmed is providing you with this information from the details we receive from the relevant organisations or groups. Providing you with this information does not mean Bankmed necessarily endorses or recommends any of the organisations or groups. Bankmed has made every effort to ensure that the information pertaining to these organisations or groups is correct and reliable. Please use this as a guide only.

You should take the necessary steps to make sure that any decision you make is the right one for your individual circumstances. Bankmed will not be held responsible for any consequences resulting from reliance on this information.

