

FOR
OPTIMUM
BRAIN
FUNCTION



Start living a brain-healthy life

It is never
too late!

We've all heard these statements before?

"I am too old to learn anything new"

"This is too complicated for me"

"What was that called again?"

These are typical features seen in an ageing brain. Often challenged with multitasking, developing new skills, recalling various memories or mental freeze.

It's everyday science now that an ageing brain or brain injury patient can improve their brain. A term referred to as NEUROPLASTICITY. This neuroscience concept simply means the ability to change - the BRAIN that CHANGES.





We will support you and your family

Brainstorm therapists are trained to evaluate and treat the physical, cognitive, and behavioural consequences of brain injury and an ageing brain.

Our onsite brainstorm therapists are dedicated to working toward the goal of helping each patient return to a life that is independent and productive.

Brainstorm Stroke and Neurological Rehabilitation Programs bring an unmatched level of care to those confronted by neurological disorders, such as:

- Balance disorders
- Guillain-Barre syndrome
- Muscular dystrophy
- Multiple Sclerosis
- Parkinson's disease and movement disorders
- Adult neurological disorders
- Stroke
- An ageing brain

Brainstorm therapists are skilled at inspiring patients to be involved in their rehabilitation and to become advocates for themselves as they adjust to their new life situation. This is often a collaborative approach amongst a team of health care providers.

Based on extensive studies, the following recommendations may support healthier working brains as we grow older.

- **Stay physically active and exercise regularly.** Are your muscle and joints slowing you down? It is clear that a body that moves leads to a healthier brain.
- **Keep balanced!** Do you get giddy or dizzy? Have you had a fall? Do you find that you have to use handrails more often? A feature of an ageing body can be a slowing of the reaction time, impaired vision, weaker limbs to carry your body and reduced level of multitasking activities.
- **Manage the pains.** Pain often can increase as we age. The pain can be more frequent, more severe or situated in various regions over the body. At times various pharmacological medications can slow brain function.

Our programs provide personalised care including:

- Superior evaluation technologies
- Evidence-based rehabilitation programs
- Family education and
- Learning involvement.

brainstormrehab.com.au



Phone: 1300 667 443

www.brainstormrehab.com.au

CLINIC LOCATIONS

19 Ocean Drive, Port Macquarie NSW 2444

Shop 2/42 Cameron Street, Wauchope NSW 2446

We now offer telemedicine for Patients that wish to benefit from neuroscience. We can work closely with your Chiropractor. Contact us to find out how.