

The background is a complex, colorful abstract painting. It features various stylized figures, including a large orange face with a wide grin in the upper right, a red figure with a surprised expression in the center, and a white figure with a halo at the bottom. There are also abstract shapes, a star, and a green box with the text 'HOW TO ASK'. The overall style is reminiscent of mid-20th-century abstract art.

Paradigm

SHIFT

Paradigm

WELCOME TO THIS EXCITING EDITION OF 'PARADIGM SHIFT' THE ACQUIRED BRAIN INJURY (ABI) COMIC!

WE HAVE TWO 'ACE' STORIES IN THIS ISSUE ABOUT DEALING WITH AN ACQUIRED BRAIN INJURY.

STORY 1. 'FALLING IN LOVE WITH AN ACQUIRED BRAIN INJURY' BY ROSS COTTEE

THIS IS A STORY ABOUT A YOUNG MAN'S RELATIONSHIP WITH HIS ABI.

....NOT EVERYONE FALLS IN LOVE WITH THEIR ABI, CHECK OUT WHY ROSS HAS?

STORY 2. 'THE SWAN' BY MICHAEL BUCKLEY

IT CAN BE TOUGH FINDING OUT YOU HAVE AN ABI. DREAMING OF AN 'ESCAPE' FROM AN ABI IS A FAIRLY COMMON EXPERIENCE. 'THE SWAN' IS A 'ABI ESCAPE DREAM WITH SOME HUMOROUS TWISTS.

IF YOU WOULD LIKE TO FIND OUT MORE ABOUT ABI CHECK OUT THE INSIDE BACK PAGE FOR SOME CONTACTS OR VISIT THE ACT RESOURCES WEBSITE AT WWW.ACTRESOURCES.COM.AU WHERE YOU CAN FIND OUT MORE ABOUT YOUR RIGHTS UNDER THE VICTORIAN DISABILITY ACT 2006

WE HOPE YOU ENJOY THE COMIC
BRAIN INJURY MATTERS COMMITTEE AND MEMBERS



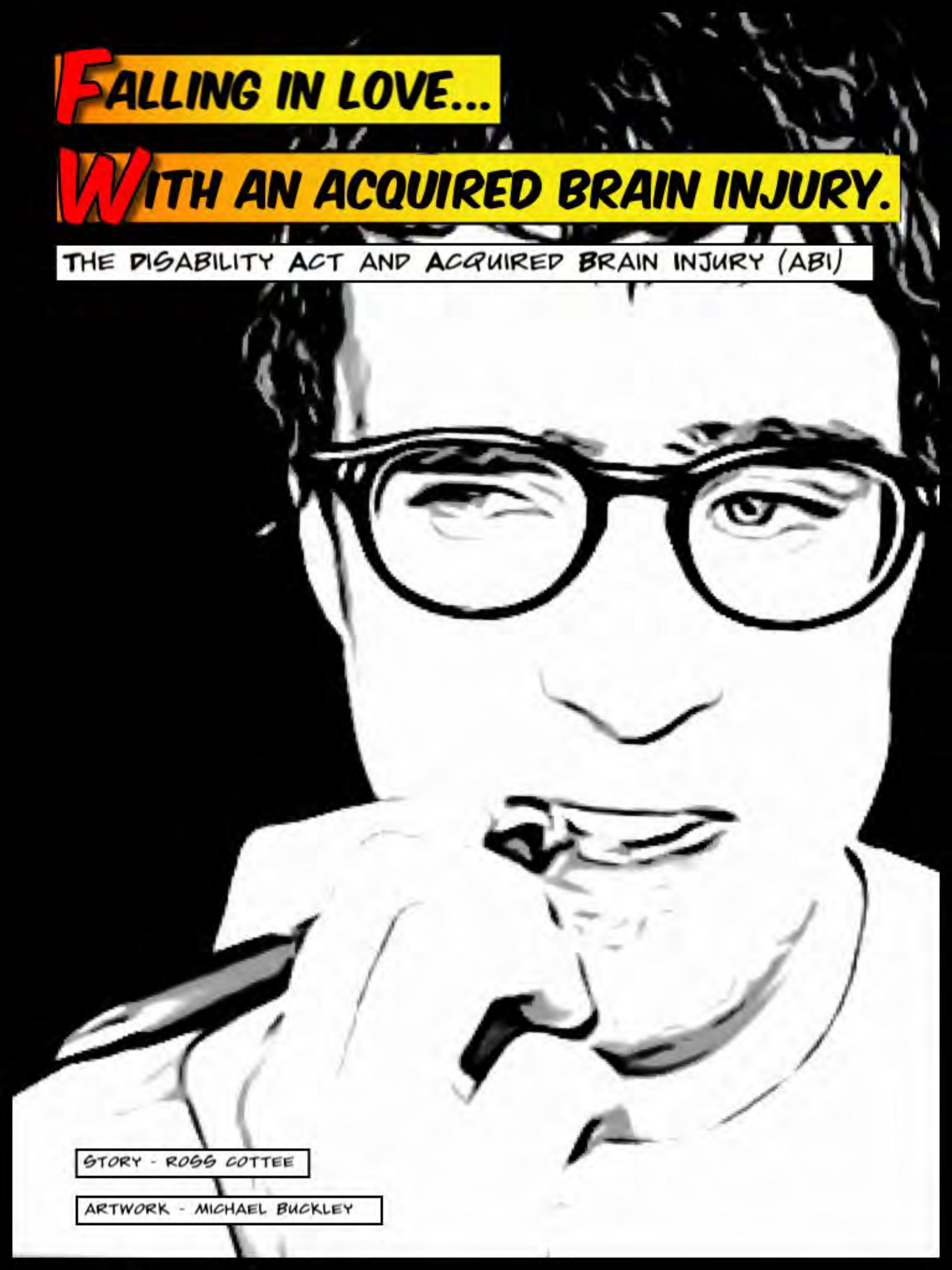
FALLING IN LOVE...

WITH AN ACQUIRED BRAIN INJURY.

THE DISABILITY ACT AND ACQUIRED BRAIN INJURY (ABI)

STORY - ROSS COTTEE

ARTWORK - MICHAEL BUCKLEY



MY NAME IS
ROSS



ROSS
COTTEE



SEVEN YEARS
AGO



I SUFFERED
A SERIOUS...



FALL
INDUCED

ACQUIRED
BRAIN
INJURY



I'D LIKE TO TALK
TO YOU ABOUT THE
PROCESS...



OF FALLING IN
LOVE WITH AN
ABI



YOU MIGHT THINK OF FALLING AND THINK:



AGING POPULATION, NURSING HOMES, THE ELDERLY.

ON THE OTHER HAND YOU COULD THINK OF A TODDLER LEARNING TO WALK FOR THE FIRST TIME



OR A PENNY THROWN DOWN A WISHING WELL.



PERHAPS AN UNEXPECTED FALL IN THE STOCK MARKET?



YOU MIGHT HAVE FALLEN OUT OF YOUR BED ONCE UPON A TIME OR TRIPPED OVER YOUR SHOE LACE.



YOU MIGHT THINK OF AMERICAN AUTUMNS, RIVERS, LACK OF CO-ORDINATION OR GRAVITY.



FALLS ARE EXPERIENCED ALL THE TIME.

FOR ME, THE WORD 'FALL' REMINDS ME
OF BRAIN INJURY - A TRAGEDY?



OR A NEW BEGINNING?



LIKE ANY PIECE OF ART:
IT IS WHAT YOU MAKE OF IT.




HOW WILL YOU VIEW 'FALL'?




THE
ONUS
FALLS
ON YOU.






IN 2009 BRAIN INJURY AUSTRALIA, HEADED BY NICK RUSHWORTH, PREPARED AN IN-DEPTH POLICY PAPER ON FALL-RELATED ABI.



THE REPORT DISPELS MANY MYTHS ASSOCIATED WITH FALL-RELATED BRAIN INJURIES.

A FACT FROM THIS REPORT

IN 2003, NEARLY HALF A MILLION PEOPLE IN AUSTRALIA (2.2% OF THE POPULATION) HAD AN ABI.



IF YOU DON'T HAVE AN ABI YOURSELF,

THERE IS A GOOD CHANCE YOU KNOW SOMEONE WITH AN ABI.

JACK AND JILL

AS CUTE AS
IT SOUNDS

THE STORY OF JACK
AND JILL WORKS WELL
AS AN ALLEGORY FOR
THE TRAUMA OF FALL
RELATED BRAIN INJURY.

JACK AND JILL WENT UP THE HILL,
NOT EXPECTING THE CALAMITY THAT
WOULD FOLLOW.

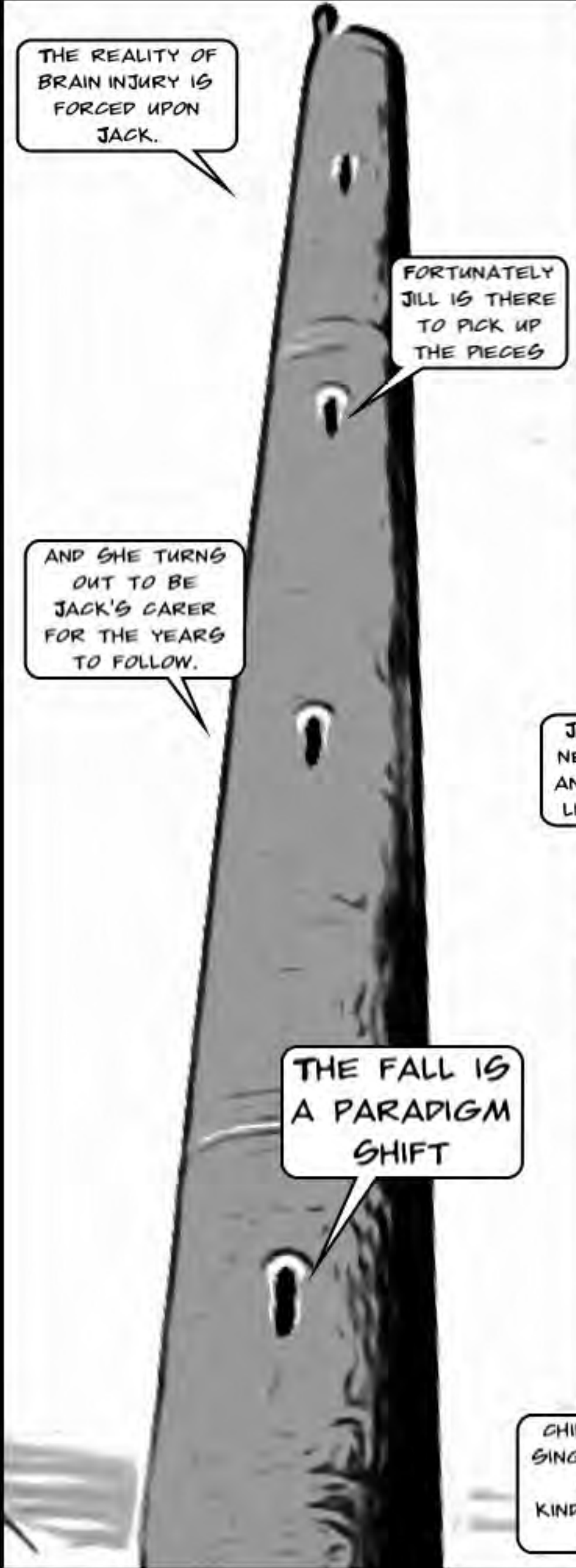
THEIR JOB WAS TO FILL UP A
BUCKET WITH WATER TO GIVE
THEIR FAMILY AND ANIMALS A
DRINK.

NOTHING OUT OF THE
ORDINARY, IT WAS
BUSINESS AS USUAL.

THEN, HALF WAY UP
THE HILL, A TRAGEDY!

JACK LOSES HIS
FOOTING, HITS HIS
CROWN, AND SUFFERS
MASSIVE
INJURIES TO HIS
FRONTAL LOBE

AS HE COMES
TUMBLING DOWN.



THE REALITY OF
BRAIN INJURY IS
FORCED UPON
JACK.


FORTUNATELY
JILL IS THERE
TO PICK UP
THE PIECES

AND SHE TURNS
OUT TO BE
JACK'S CARER
FOR THE YEARS
TO FOLLOW.


THE FALL IS
A PARADIGM
SHIFT



IT'S A
RADICAL
CHANGE,



JACK AND JILL WILL
NEVER FORGET THIS
AND THE STORY WILL
LIVE ON IN HISTORY;



CHILDREN STILL
SING ABOUT THE
EVENT IN
KINDERGARTENS
TODAY!

IT TAKES SOME TIME TO FALL IN LOVE WITH ABI...



JACK IS LIKELY TO EXPERIENCE REJECTION FROM PEERS, REJECTION FROM SOCIETY.



WHILST SUPPORTIVE, WILL GEAR HIM TO HAVE ZERO OR LOW EXPECTATIONS.



A SYSTEM THAT CAN PUT A CAP ON 'SUCCESS' FOLLOWING BRAIN INJURY.



A SYSTEM WHICH, DESPITE ITS BEST ENDEAVOURS, STRUGGLES TO ENCOURAGE PEOPLE TO PUSH THE LIMITATIONS OF DISABILITY WITHIN OUR SOCIETY.



MANY PEOPLE'S PROGNOSIS FOLLOWING BRAIN INJURY RECALCULATES ITSELF AS MUCH AS A GPS SYSTEM IN CITY TRAFFIC!



INITIALLY I WAS ADVISED THAT I WOULD PROBABLY NEED TO BE COMMITTED TO A NURSING HOME WHERE I WOULD SPEND THE REST OF MY LIFE IN A VEGETATIVE STATE.



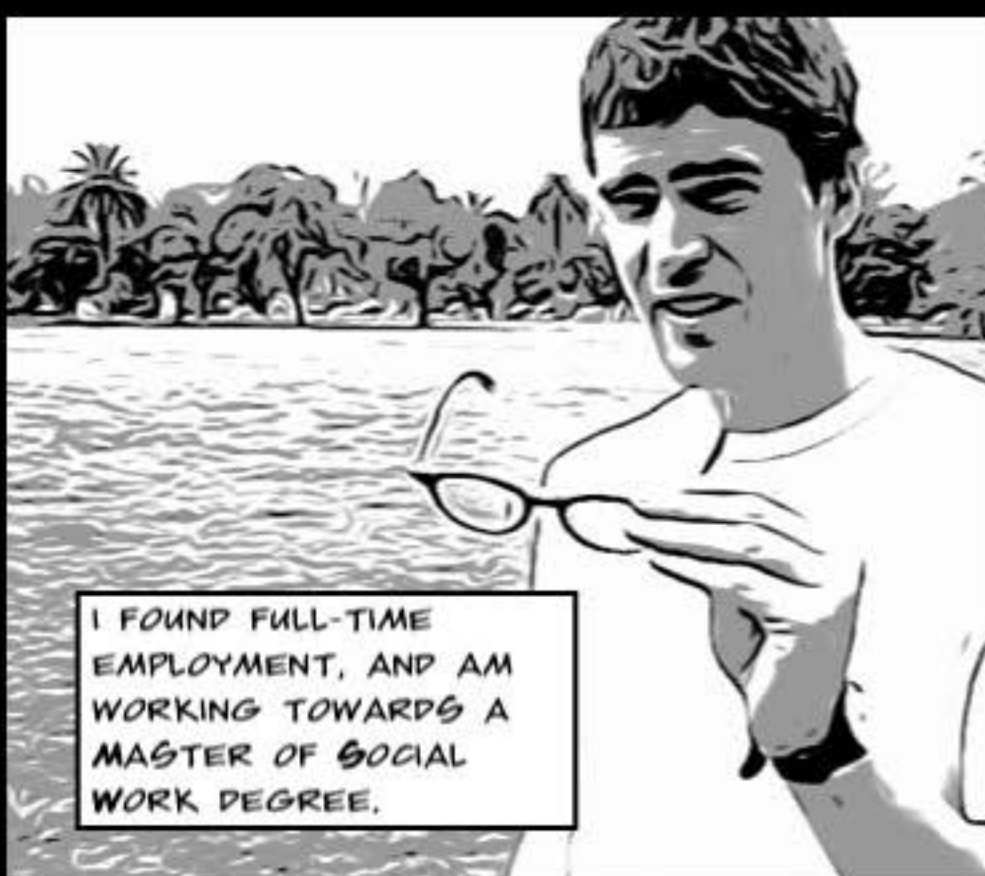
LATER AS I IMPROVED, THE PROGNOSIS WAS THAT IF I WENT HOME, I WOULD BE HOUSE-BOUND, RELIANT ON MY FAMILY AND WOULD NEVER WORK OR SUPPORT MYSELF.



I PROGRESSED HOWEVER, MOVED OUT OF HOME, AND BEGAN TO RECOMMENCE A CAREER THAT HAD GONE ON A SIGNIFICANT DETOUR AT AGE 21.



I FOUND FULL-TIME EMPLOYMENT, AND AM WORKING TOWARDS A MASTER OF SOCIAL WORK DEGREE.



THE SYSTEM INITIALLY TOLD ME THAT I COULD NOT LOOK FORWARD TO ANY OF THESE THINGS.



THROUGHOUT MY RECOVERY, I HAVE BEEN ADVISED NOT TO HAVE GREAT EXPECTATIONS, TO SETTLE FOR SECOND BEST OR NOTHING AT ALL.



THIS IS SOMETHING THAT BRAIN INJURED PERSONS BECOME ACCUSTOMED TO BEING TOLD.



THIS IS WHY I VOLUNTEER TIME TO MENTOR BRAIN INJURED PERSONS AND AM INVOLVED IN SEVERAL RELATED PROGRAMS.



I'VE FOUND THAT TOO MANY SERVICE PROVIDERS HAVE GIVEN UP ON THE IDEA OF HOPE AND THIS IS MY DRIVE I TAKE TO THE SECTOR.



LUCKILY I MADE MY OWN HIGH EXPECTATIONS, FOR IF I HAD BELIEVED THE INITIAL EXPERT ADVICE GIVEN TO ME BY THE SYSTEM



I WOULD STILL BE LIVING A HIGHLY RESTRICTED LIFE, USING A WALKING AID AND RECEIVING GOVERNMENT BENEFITS.







SERVICE PROVIDERS NEED TO SEE THAT
BRAIN INJURY RECOVERY HAS NO LIMITS.




ALL TOO OFTEN PEOPLE
ATTACH LIMITATIONS ON YOU
WITHOUT UNDERSTANDING YOU.




BE CRITICAL OF SERVICES
YOU RECEIVE, IT KEEPS
PEOPLE ON THEIR TOES.




LOOK AND ASK AROUND
AND YOU'LL FIND A HEAP OF
SERVICES THAT WILL LEAD
YOU TO ALL KINDS OF
SUPPORT.



THE ABI COMPASS CLUBHOUSE,
BRAIN INJURY MATTERS,
UNITED BRAINS AND
MELBOURNE CITYMISSION ARE
JUST A FEW ORGANIZATIONS
DEDICATED TO SUPPORTING
PARTICIPATION IN THE
COMMUNITY, AND MAXIMIZING
QUALITY OF LIFE FOR PEOPLE
WITH BRAIN INJURY.



I HAVE HAD THE EXPERIENCE
OF BEING INVOLVED IN MUCH
OF WHAT THE SECTOR HAS
TO OFFER AND GOT A LOT
FROM PARTICIPATING IN IT.



THERE ARE SO MANY
OPPORTUNITIES - YOU
JUST NEED TO KNOW
WHERE TO LOOK.
GET IN CONTACT
WITH A SERVICE
PROVIDER!



PEOPLE LIKE MY GOOD FRIEND BRENT AND MYSELF HAVE PICKED OURSELVES UP FROM THE GROUND WHERE WE FELL ALL THOSE YEARS AGO.



WE NOW SHARE A SOCIAL RESPONSIBILITY TO HELP OTHERS, SHARE STRATEGIES AND SHARE INSPIRATION.



SOME OF THE MOST VALUED ADVICE I'VE RECEIVED SINCE SUSTAINING AN ABI HAS BEEN FROM PEOPLE WHO SHARE A LIVED EXPERIENCE WITH BRAIN INJURY.



SURE, DEALING WITH FALL-RELATED ABI IS DIFFICULT, BUT IT CAN ALSO BE REWARDING, OFFERING YOU A NEW PERSPECTIVE ON LIFE AND OPPORTUNITIES TO MEET AND WORK WITH AMAZING PEOPLE YOU WOULD OTHERWISE NEVER HAVE COME IN CONTACT WITH.



BY REFRAMING 'THE FALL' AS A TURNING POINT IN LIFE, RATHER THAN A STOPPING POINT, PERHAPS WE CAN ALL FALL IN LOVE WITH ABI.

AS FAR AS THE STORY OF JACK AND JILL GOES:


JACK RECOVERED FROM HIS FALL AND DECIDED TO GO BACK TO UNIVERSITY AND STUDY ENGINEERING.

HE DEVELOPED A PUMPING SYSTEM SO THAT NO ONE EVER HAD TO WALK UP THE HILL AGAIN.



JACK AND JILL LIVED HAPPILY EVER AFTER.





CHECK OUT MORE ABOUT ROSS IN A
SHORT VIDEO ABOUT HIM CALLED
'BROKE HIS CROWN'
SEE ROSS' VIDEO IN FULL HERE:
[WWW.ACTRESOURCES.COM.AU/INDEX.PHP/
BROKE-HIS-CROWN](http://WWW.ACTRESOURCES.COM.AU/INDEX.PHP/BROKE-HIS-CROWN)

FOR MORE INFORMATION ABOUT THE
VICTORIAN DISABILITY ACT 2006 GO TO
THIS FANTASTIC WEBSITE:
WWW.ACTRESOURCES.COM.AU OR USE
YOUR SMARTPHONE TO SCAN THE CODE
BELOW



YOU CAN ALSO DOWNLOAD THE ACT
RESOURCES APP HERE

ONCE UPON A TIME IN LEEUWARDEN HOLLAND...

'A PARKINSON'S DREAM'

THE SWAN



AN ESCAPE DREAM
FROM AN ACQUIRED
BRAIN INJURY
(ABI)



SCRIPT AND DRAWINGS : MICHAEL BUCKLEY

I AM JUMBLED UP A BIT - FOGGY - MY HEAD IS
LIKE OUTSIDE GRIM COLD DAMP DARK THIS
DUTCH NIGHT



WHERE
AM
I?

I IS BUT AN ELF
IN THIS DARK
WORLD







RUN RUN RUN BEFORE A BIG DOG
OR CAT TRIES TO LICK ME...



RUN RUN ACROSS
THIS TOWN.

YIPPEE



AND THEN I STOP!



STOP!
DO!

THERE IS A SWAN...
A BIG WHITE SWAN WITH A
SILKEN NECK IN THE CANAL...



I IS TRANSFIXED! THE WHITE
SWAN AN ME, THIS VERY NIGHT!



HERE MS SWAN
GLIDE TO ME...
OVER HERE I
IS!



THE WHITE SWAN COMES CLOSER
AND CLOSER AND CLOSER



I REACH OVER TO PAT IT...

MISS SWAN JUST
A LITTLE BIT MORE
- COME CLOSER...



THEN SPLASH!



A GIGANTIC SPLASH!



HELP - I HAVE FALLEN IN...

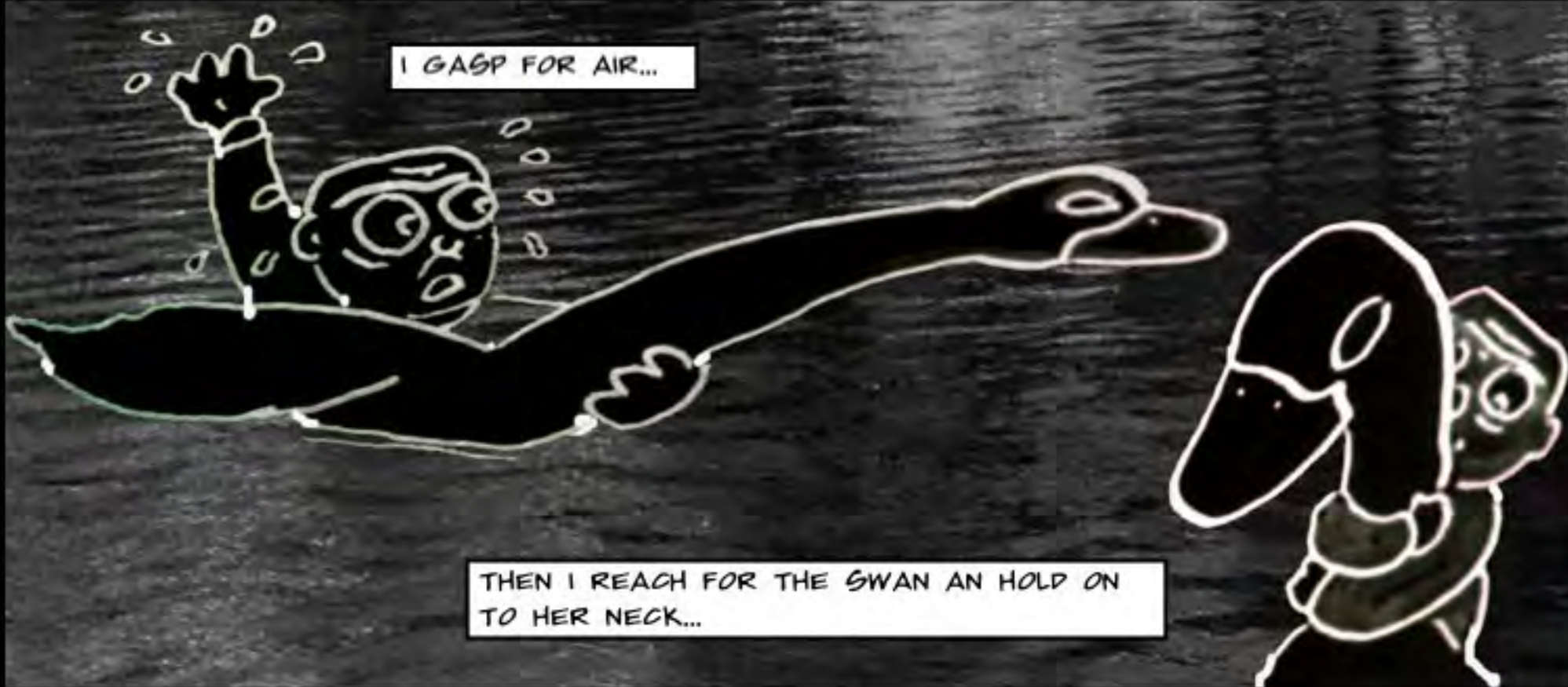


I SEE AIR BUBBLES RACE PAST
ME TO THE SURFACE...



WHITE
SWAN
HELP!

THE SWAN REACHES DOWN AND DRAGS
ME TO THE SURFACE...



I GASP FOR AIR...

THEN I REACH FOR THE SWAN AN HOLD ON TO HER NECK...



THEN I CLIMB ON HER BACK...

I AM LITTLE. LIKE AN ELF! - SANTA SAID I WOULD MAKE A GOOD ELF!



THE SWAN STARTS TO PADDLE...

WE GLIDE FURTHER UP INTO THE CANAL UNDER BRIDGES AN INTO THE TOWN.



STRANGELY I AM NOT COLD
I HIDE UNDER THE SWANS
FEATHERS.



PEOPLE DRINK N
LAUGH IN BARS



A CAT EATS A MOUSE

WAITERS DELIVER FOOD TO BIG EATERS IN A RESTAURANT....

A WILD MAN DRINKS LIKE A
FISH FROM A BOTTLE



'HEY SWAN! WHAT
YOU GOT UNDER
YOUR FEATHERS!'



I TRY TO HIDE UNDERNEATH.

THEN THE WILD MAN
DRAINS THE BOTTLE



HE LOOKS AWFULLY
LIKE ME. (I THREW A
BOTTLE AT A SWAN
YEARS AGO...)



HE SWINGS HIS ARM BACK THEN THROWS
THE BOTTLE AT US...



THE SWAN IS FRIGHTENED.
IT STARTS TO PADDLE FASTER AN
FASTER!



JEEZE ARSE
CHRIST - ITS
FLAPPING ITS
WINGS.



GEE WILKA'S ITS ALMOST RUNNING
ACROSS THE WATER!

I GET REALLY SERIOUS NOW
I AM SCARED



MARY MOTHER OF
CHRIST N HOLY
JOSEPH WE ARE
LIFTING OFF.



I GRAB BACK ONTO ITS BEAUTIFUL NECK



THEN I START TO RELAX
I CAN FEEL THE WIND ON
MY FACE



WE FLY UP N UP OVER THE TOP
OF THE LEEUWARDEN JAIL N UP
INTO THE NIGHT SKY...

HEY THIS
IS LIKE
SURFING!



YIPPEE!

WHAT A
GOOSE!

I AM ON A WHITE
SWAN FLYING OVER
CLOGGYLAND - HE
HE!



For more information about Acquired Brain Injury (ABI) contact:

- Brain Injury Matters (BIM) is a self advocacy organisation run by and for people with an ABI

Website: www.braininjurymatters.org Phone: 9639 7222

- Brainlink provides services dedicated to improving the quality of life of people affected by acquired disorders of the brain

Website: www.brainlink.org.au Freecall: 1800 677 579

- Brain Injury Australia represents all Australians with an ABI

Website: www.braininjuryaustralia.org.au

Phone: (02) 9808 9390 Freecall: 1800 272 461

For more information about the Victorian Disability Act 2006 go to the Act Resources Guide website at www.actresources.com.au

For information about services for people with a disability go to the DHS website at www.dhs.vic.gov.au

- (1) click on the 'for individuals' link,
- (2) then click on the 'disability' link and
- (3) click on the 'your rights' link.

The Self Advocacy Re-Born (SARB) consortium comprising Brain Injury Matters (BIM), Reinforce, Action for More Independence and Dignity in Accommodation (AMIDA) and StART Community Arts

The Act Resources Guide project was supported by the Victorian Government

