

Lived experience of the impacts of peer support groups for adults with ABI

Lauren Kosta¹, Marlena Klaic², Rachel Blance-Palmer¹, Brent Alford,³ Virginia Giddings,³ Nat Linke,³ & Peter Persson³

¹Department of Social Work, Melbourne School of Health Sciences, The University of Melbourne

²Melbourne School of Health Sciences, The University of Melbourne

³Brain Injury Matters



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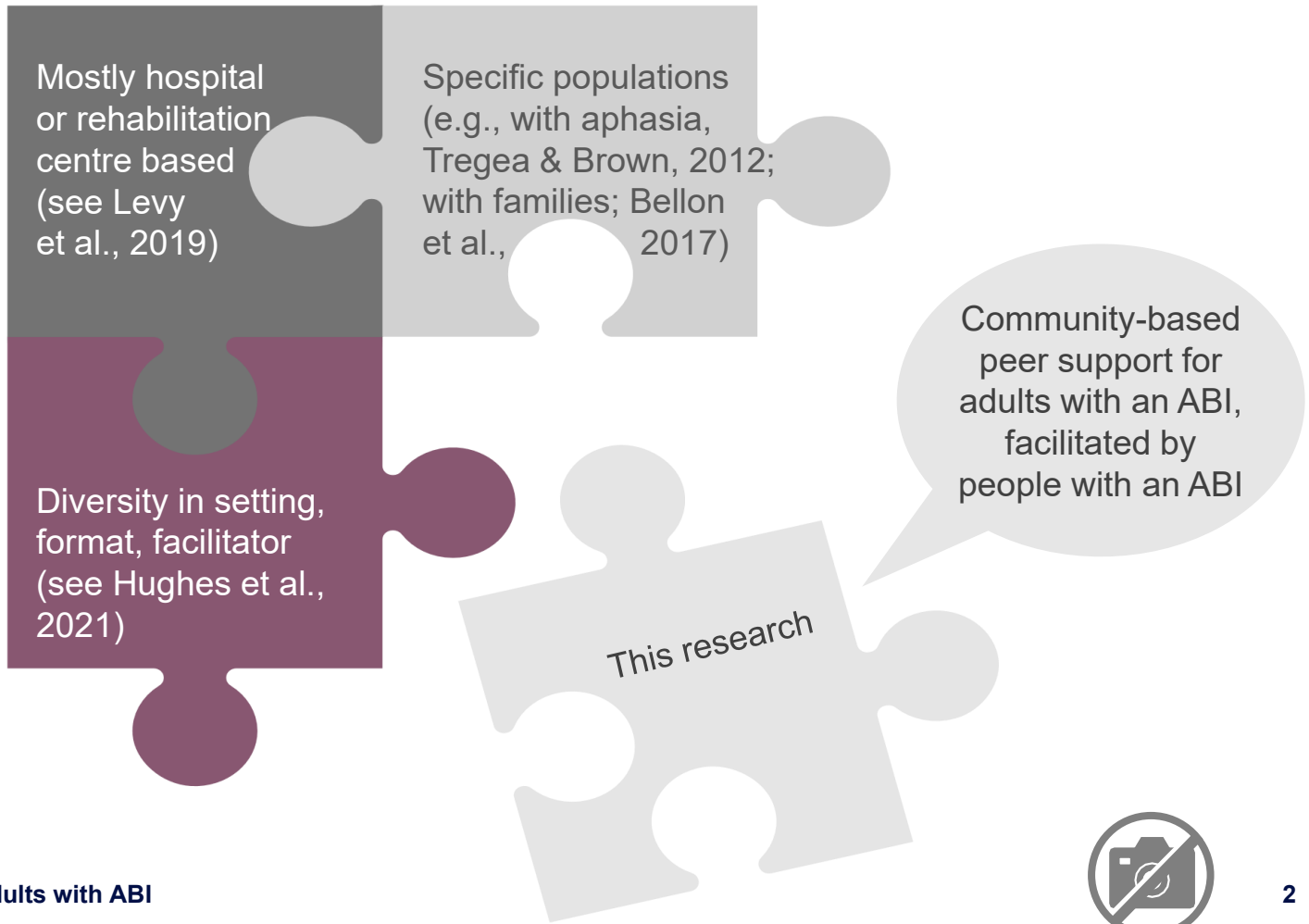
Background



How this research came about

BIM's peer support groups

Existing literature



Methods



**Semi-structured
interviews**



**Approx. 1 hour
each**



**31 adults with
ABI**



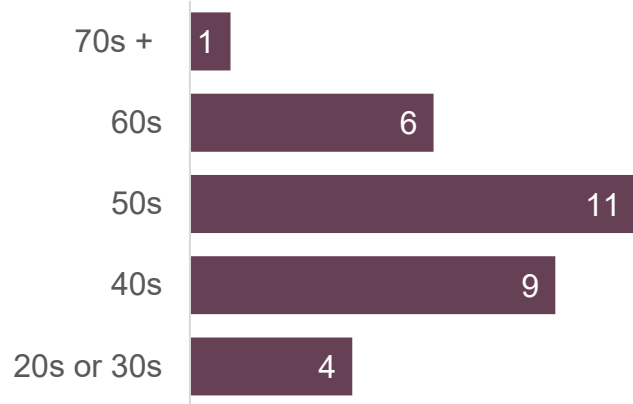
Inductive thematic analysis



Sample: Individual characteristics



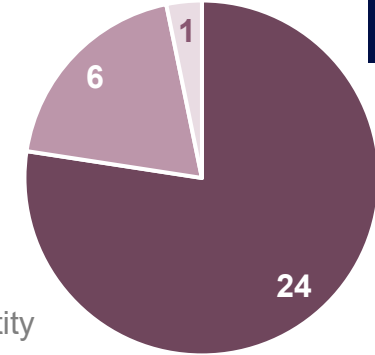
Age



Cultural background

- Anglo Australian or NZ
- Other CALD*
- Unanswered

*Including mixed CALD/Aus identity

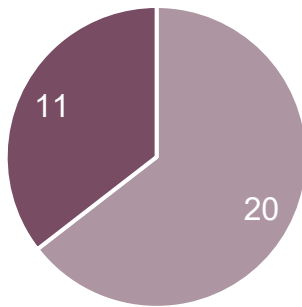


Type of injury

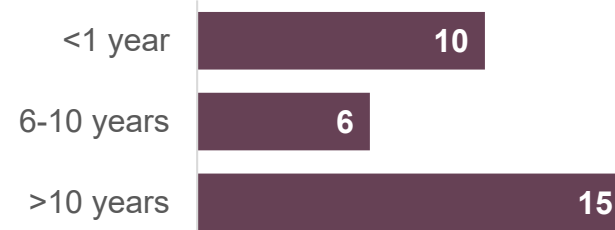


Gender

- Male
- Female



Years since brain injury

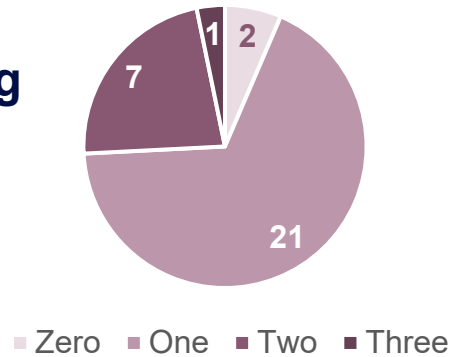


Sample: Group involvement

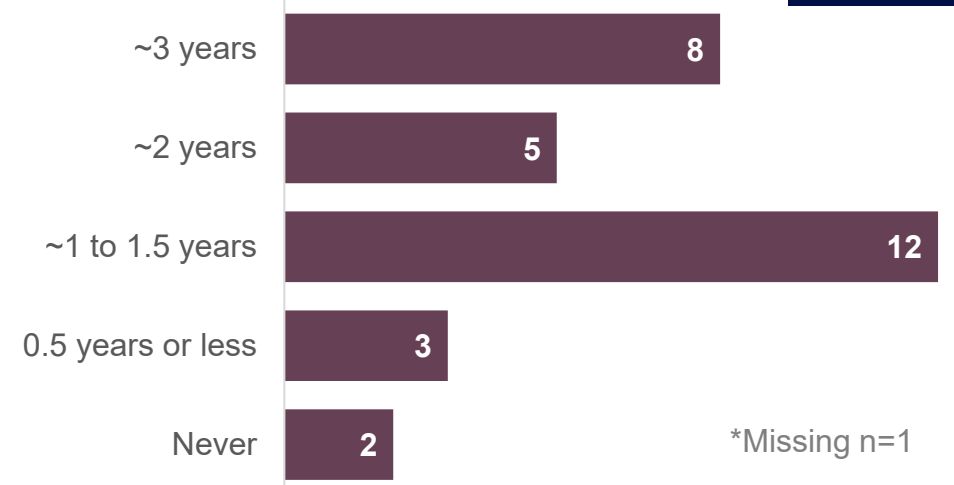


Avg 4 research participants per peer group

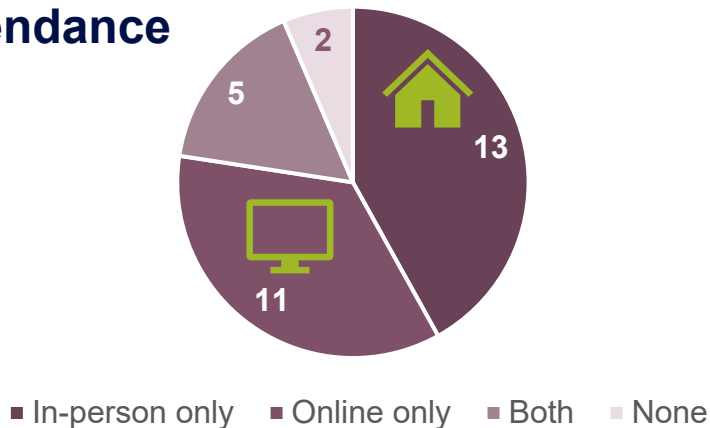
Number of groups attending regularly



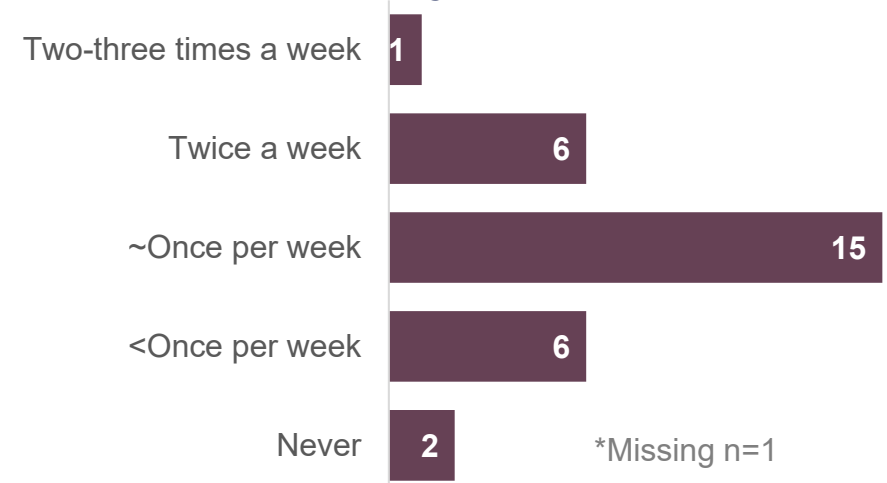
Estimated length of time attending



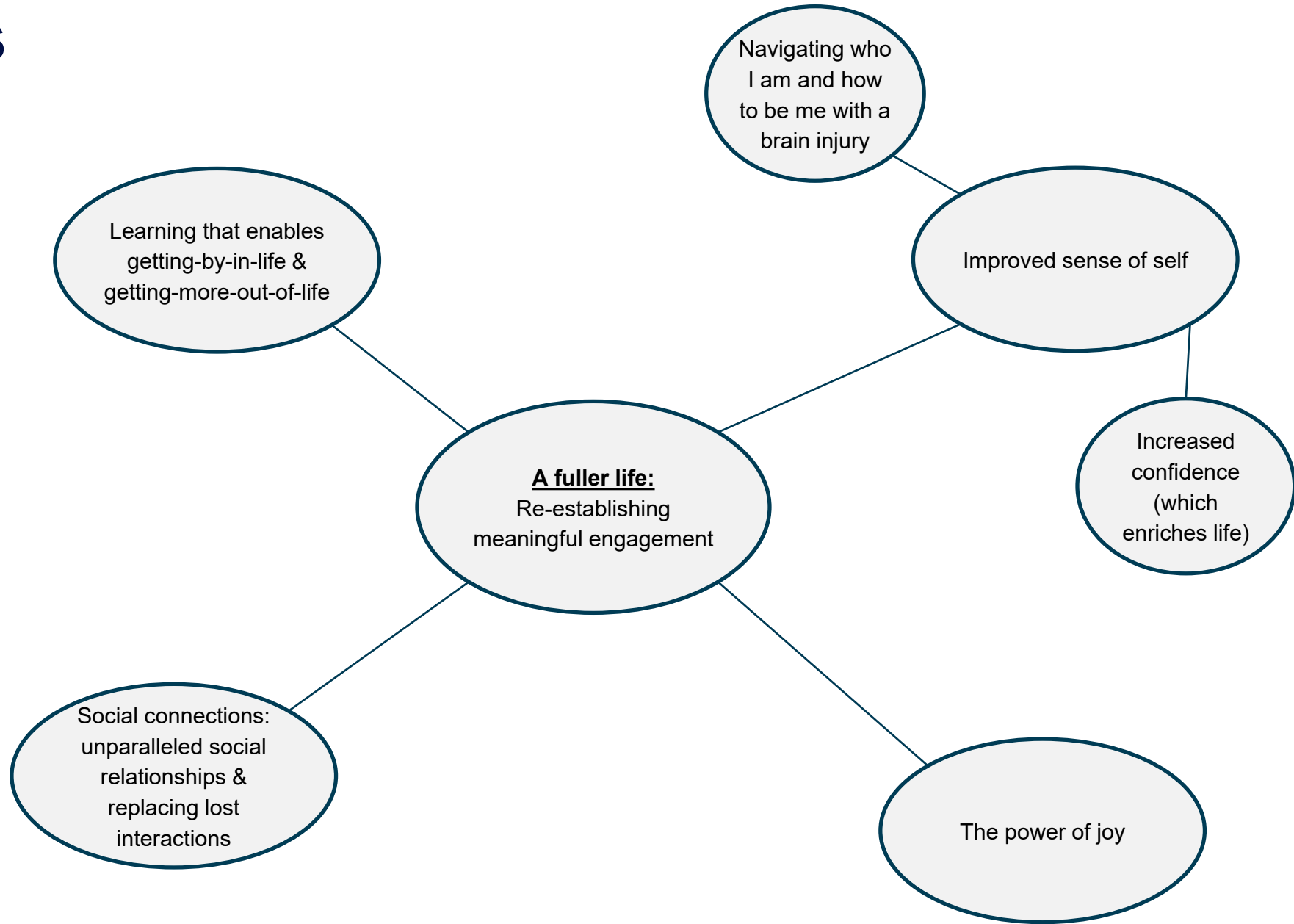
Mode of attendance



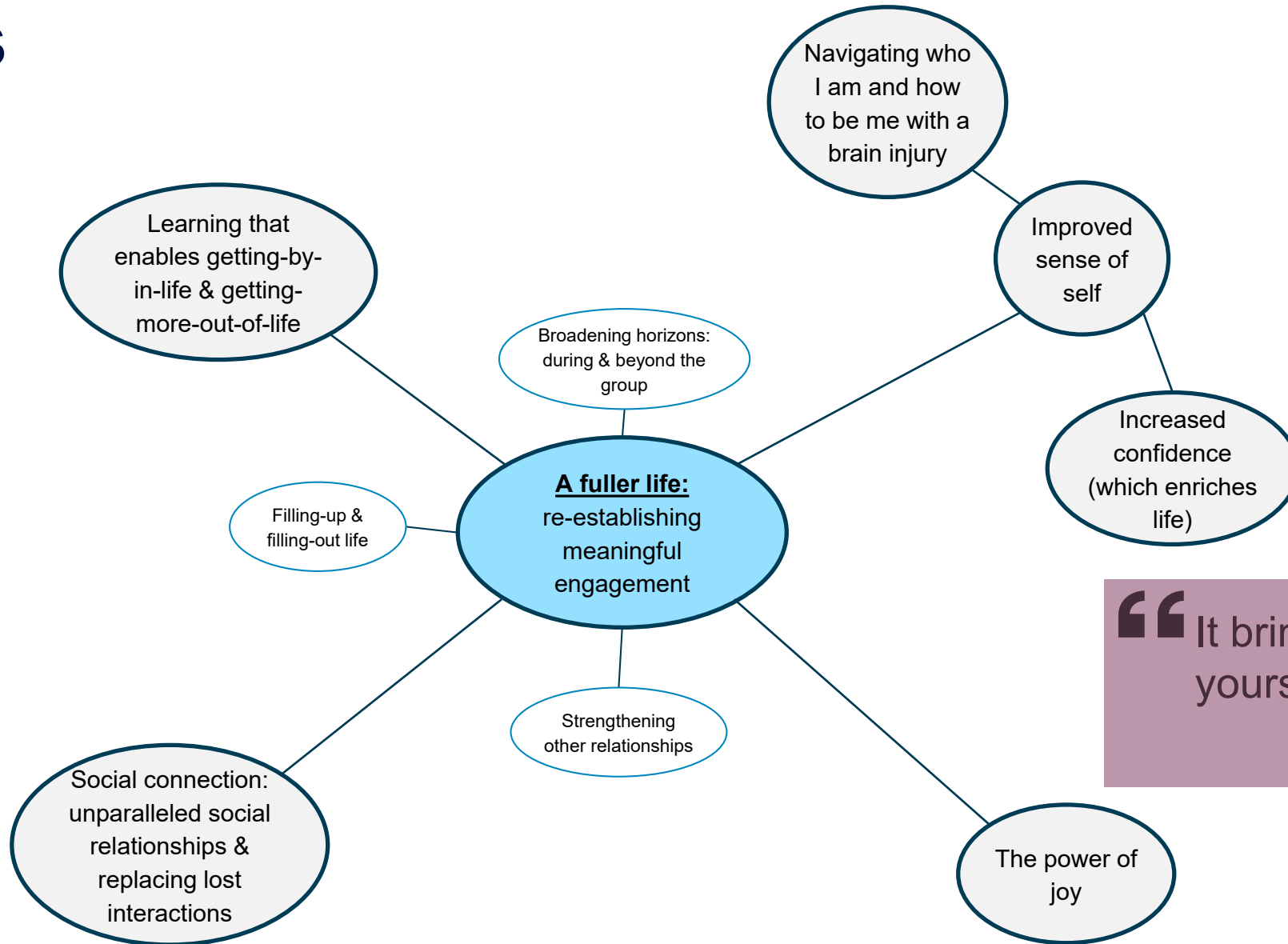
Estimated frequency of attendance



Findings



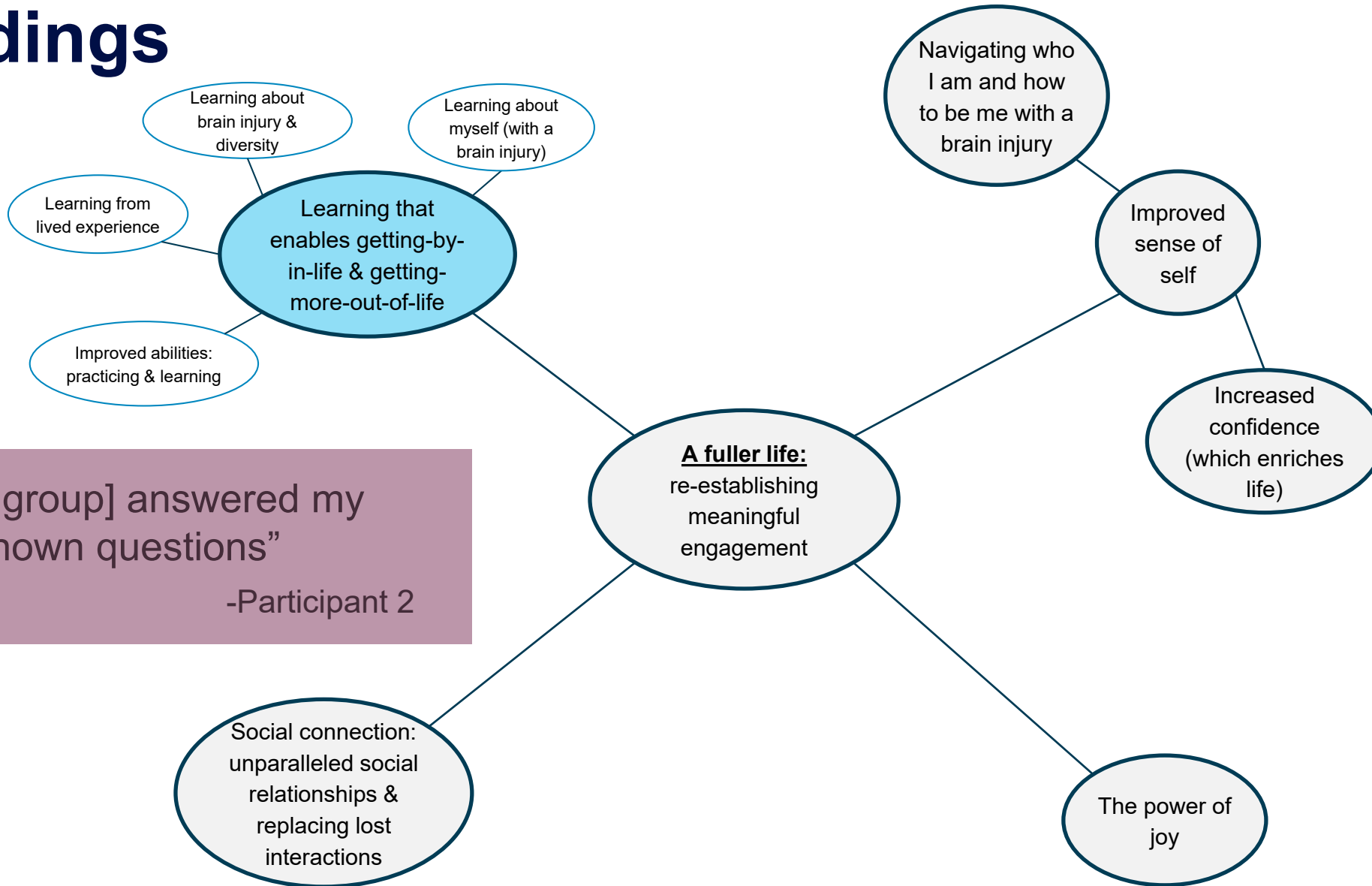
Findings



“It brings you out of yourself”
-Participant 11



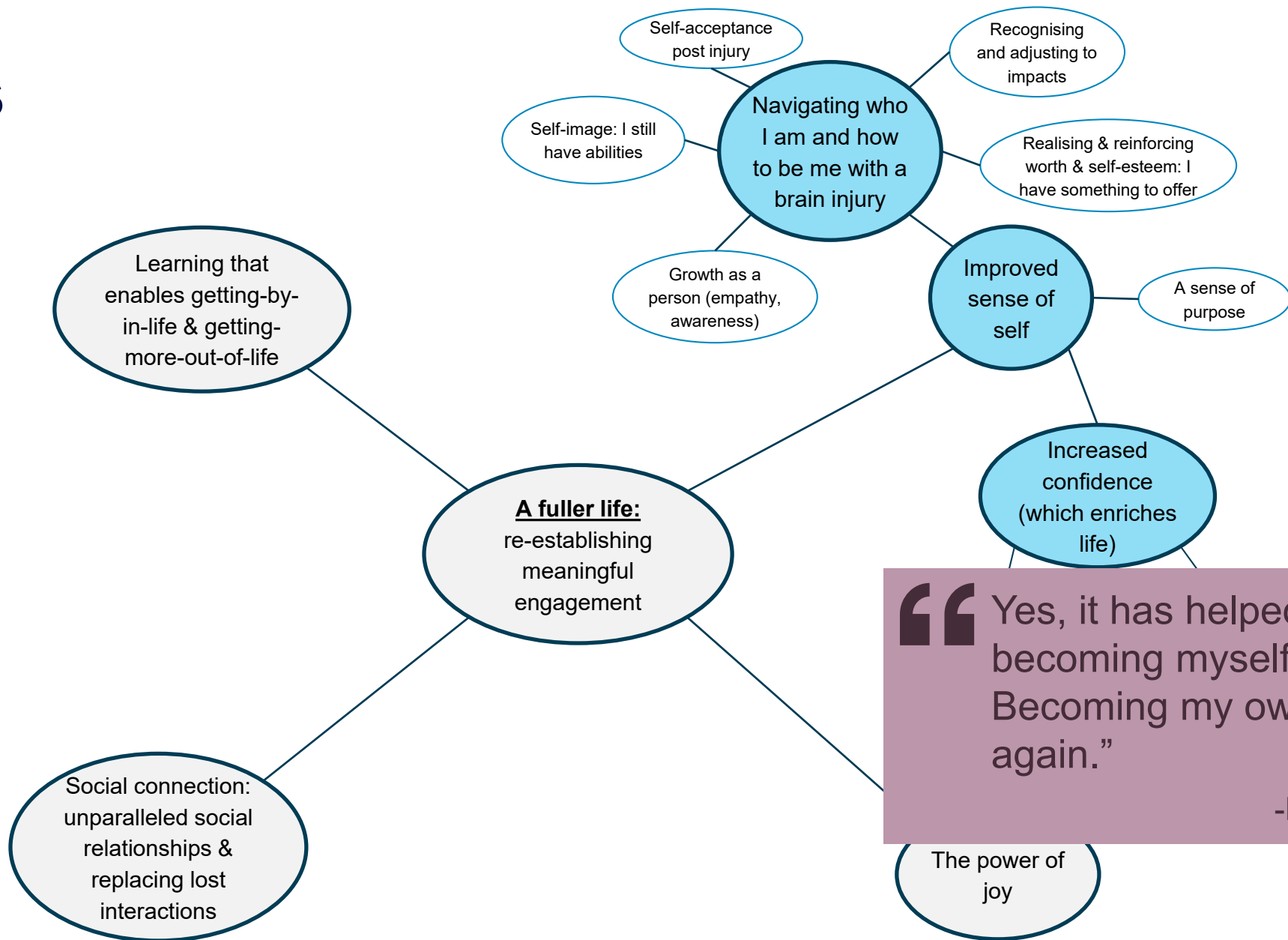
Findings



“ [the group] answered my unknown questions”
-Participant 2



Findings



“ Yes, it has helped me at becoming myself. [...] Becoming my own self again.”
-Participant 19



Findings



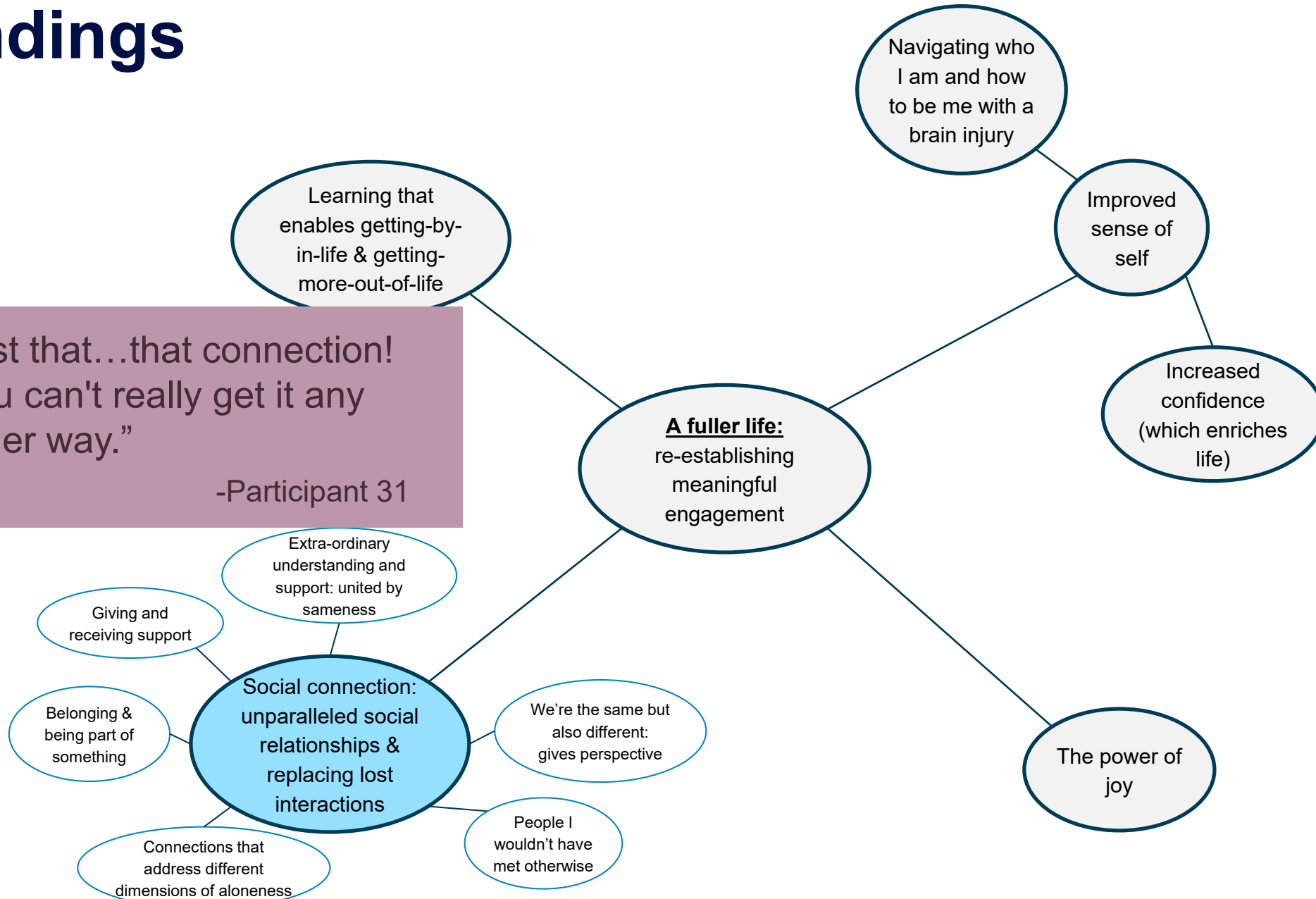
“ At least if you can think - I've had a laugh today - you're gonna get through those [dark, lonely] times. [...] It gets you through the next, you know, week.”

-Participant 9



Findings

“Just that...that connection!
You can't really get it any
other way.”
-Participant 31



Conclusion



The power of community-based peer-led peer support groups

Friendships, informality, supportive communication environment, support

(Tregear & Brown, 2012; Peer led aphasia support groups)

Opportunity to access information, receive emotional support, and give back to others

(Bellon et al., 2017; ABI peer support for families)

Relating through sameness: you need to make friends who have had similar problems

(Salas et al., 2018, friendships and social isolation in TBI)

Analysis using Theoretical Frameworks of Implementability & Acceptability (Klaic et al., forthcoming)

“Where else can you meet other people with a brain injury? You can't just go up to someone on the street and go: ‘do you have an ABI?’”

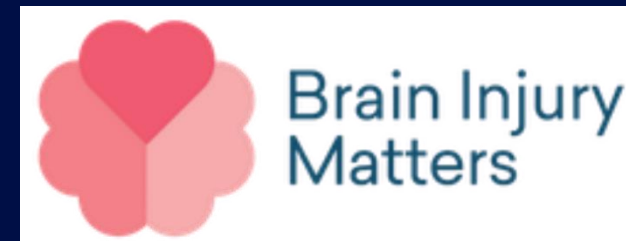
-Participant 20

References



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- Salas, C. E., Casassus, M., Rowlands, L., Pimm, S., & Flanagan, D. A. (2018). “Relating through sameness”: a qualitative study of friendship and social isolation in chronic traumatic brain injury. *Neuropsychological rehabilitation*, 28(7), 1161-1178.
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Thank you



For questions or discussion about the
research:

lauren.kosta@unimelb.edu.au

Find out more about BIM's work & supports:

<https://www.braininjurymatters.org>