

Bridges Project

Bridging the gap
between the life you
have and the life
you want.

Hope is closer than you think.

Life can be unpredictable. It can throw us a curve ball and life as you know it changes - sometimes in a small way but sometimes in big ways. We don't get to choose the life we are given, but we can certainly try to make the best out of what we do have.

As a society we have come a long way in the way we view and navigate disabilities, whether physical or mental. We have access to numerous resources and have abundant choice. But whilst engaging different independent providers for a variety of different things may appear advantageous, the reality is that in the same way it takes a village to raise a child, it takes a very well-coordinated team comprising of different skillsets to uplift someone's function. The challenge has always been the ability to successfully deploy multiple independent solutions to a meaningful outcome. The solutions to functional impairment have always been limited by the fragmentation of individual solutions that whilst useful to some extent, have often failed to produce the ultimate long-term outcome – **functional recovery**. The solutions for effective, community-based functional recovery programs simply didn't exist.

Until now.

Bridges Project is our version of a functional recovery program and our solution to uplifting clients' functional capacity.

It means that we can now challenge the status-quo. Clients living with a functional impairment due to a disability can now have hope of uplifting their functional capacity to live a life they want, rather than to just accept the live they have now. It means that there is now a tangible way of deploying a purpose-built solution designed by multiple experts that offers clients the ability to gain more freedom, independence, dignity and confidence that they deserve.

If you're reading this, chances are you are seeking a better solution to the status-quo for yourself or someone you care about and are curious enough to find out how.

Let us journey with you.



The Problem

Anything that affects the brain can affect function. This is particularly obvious when a person's function declines after experiencing a mental illness, a head injury or develops a progressively deteriorating condition like dementia. The end result often leaves you feeling like you've suffered a loss, and worse still, a permanent and life-changing loss. It can make you feel as if you're no longer the person you are, or able to do the things you used to do, or achieve a life that you aspire.

If you are a carer or parent you could be worried about how your loved one would be able to live independently or to live a dignified and happy life free from vulnerability and exploitation when you're no longer able or around to support or protect them.

It's easy to lose hope and to assume that maintaining the status-quo is the best option there is.

But it doesn't have to be this way.

Challenge the status quo. Where you are now doesn't have to be as good as it gets. There is a much better outcome that could provide a better life of independence, dignity and security for you or your loved ones. Bridges Project leverages on good science that makes this achievable.



The Science

We believe that human function starts in the brain.

Our ability to think, learn, evaluate and execute relies on the capacity of our brain which can be affected by a number of things including mental illness, traumatic brain injury, developmental delay and dementia.

Cognitive impairment is usually due to an intrinsic impairment (e.g. intellectual disability) or an acquired regression (e.g. from a major mental illness, acquired brain injury etc). Functional decline usually follows cognitive impairment regardless of the cause. When this happens independence is compromised, reliance on others is high and dignity is lost.

Doing nothing about it means nobody wins.

We believe that with the right solutions, functional decline can be reversible.

Create Clarity. Recognising the journey required to achieving a particular goal is key to success. The first step is recognising that the status-quo can and should be challenged. Bridges Project is designed to do just that and enables clients to achieve more through functional recovery.

The Solution

Bridges Project was designed with one purpose in mind – to help bridge the gap between the life that you currently have, and the life that you want.

It is our functional recovery program **developed by Psychiatrists, Psychologists, Occupational Therapists** through our proprietary Shrink & Co. way. This means you get a complete solution to an actual problem, not just a fix for a symptom.

Bridges Project is not a treatment for any particular disorder or illness. It is a functional recovery program to improve function that has been affected due to a variety of disorders or illness. The main objective is to improve and restore life function so that clients can:

1. look after and fend for themselves
2. reduce reliance on others
3. live a life of independence and dignity

Get better value by consolidating. Don't waste your NDIS funding by spreading it across multiple individual allied health services. Consolidate all your allied health interventions into one easy, single and fit-for-purpose solution that actually works.

The Benefits

With Bridges Project you are not spending.

You're *investing* into a better long-term future. **Now.**

- 1 Targets specific domains of cognitive impairment** and uplifts cognitive function.
- 2 Develop social strategies.** Teaches clients how to behave and communicate in social situations in a more functional way.
- 3 Teach them practical life skills** based on Occupational Therapy principles. Successful execution of activities of daily living (ADL) within the 6 life domains:



Health



Food



Technology



Transport



Organisation



Money

Amplify outcomes. Bridges Project is designed to identify specific areas of function to improve and to execute specific array of solutions to achieve better functional outcomes.



What are the components of Bridges Project?

Our program has evolved and improved over the years and we are now in version 3.0, bringing together the following:

- 1 Cognition
- 2 Social Literacy
- 3 Basic Life Activities



Who can benefit from it?

Anyone with a functional impairment due to an intrinsic or acquired cognitive impairment can benefit from Bridges Project 3.0:



Acquired Brain Injury (ABI) including strokes



Developmental Delay or Intellectual Disability



Neurodivergence (including ASD)



Dementia



Major Mental Illness



ADHD

Bridges Project can be deployed for anyone aged 12 and above.

Clients under 12 years old can benefit from other programs delivered by our Behaviour Insights Team.

Frequently Asked Questions

Bridges Project seems to have similarities with some of the things my Support Workers do. For example, we do cooking activities with my support workers. How is this different?

Cooking classes are valuable social activities with a different objective. As a social connection activity it is invaluable. But it is not designed to train and uplift functional capacity effectively in a way that addresses the root cause of any functional impairment. Bridges Project is a purpose-designed program to identify and target the root causes of the functional impairment (starting with the cognitive function) and deploy science-backed solutions.

Bridges Project seems to have similarities with some of the things my other allied health providers do. How is this different?

When you see any particular allied health practitioner elsewhere, chances are they are engaging in one thing only, leaving you to figure out the next steps and to find individual solutions. The process is likely to be frustrating, time consuming and fragmented. Bridges Project brings together all the experts under one program to deliver an integrated solution specifically designed to uplift function across all 3 domains – cognition, social literacy and basic life activities – at the same time, through a purpose-designed program that focuses on a functional outcome rather than a single symptom or domain.

How many sessions would I need to see progress?

Most sessions are usually between 30 and 60 minutes long. It is recommended that clients attend at least one session every fortnight to maintain momentum over the course of the journey, though this timeline and session duration are completely flexible depending on the preference of the client.

The added benefit of engaging Shrink & Co. for Bridges Project alongside other services is that we are able to integrate Bridges Project into any interventions concurrently so they can be delivered concurrently within the same contact.

How is the program delivered?

The program consists of 3 main components. The weightage of each component is dynamic and tailored to the client. We break down simple tasks into small, manageable steps that allow clients to improve on their function (and therefore their independence) over time. The client's areas of interest are identified, and activities are tailored to suit their individual needs.

Bridges Project differs from most other learning and disability support services due to the clinician's ability to assist the client in their real-world environment. It's not just theoretical training because it has real-life application as part of the program.

Can I do them remotely?

Yes. We understand that different clients will have different preferences and responses to different modes of delivery and will work with clients to achieve the most pragmatic option.

Can I do them on my own?

Bridges Project 3.0 is a practitioner-led program that involves specialised equipment, programs and resources. However, between sessions there will be exercises to do. Often Support Workers who are supporting the client are able to facilitate this between sessions.

What is the investment?

We see Bridges Project as an investment rather than a cost.

Clients who have funding arrangements under NDIS, DVA or insurances are able to have these sessions fully covered (subject to their approval).

Please contact us to discuss this so that we are able to understand your situation and tailor a solution to you.



Leveraging the Shrink & Co. ecosystem.

When you engage in Bridges Project 3.0 you don't only engage in a single program with a single person, you get the entire Shrink & Co. ecosystem of experts all at once.

- 1 Identify the right problem
- 2 Find the right expert
- 3 Deploy solutions at the right time



Stop the stress and embrace the journey. Scan the QR code or visit <https://shrinkco.com/talk-to-us> to connect with us.

SHRINK&Co.

Phone: 07 5606 8700 | Fax: 07 5676 6670
Email: hello@shrinkco.com

Tweed Heads

Suite 21 Wharf Central
75-77 Wharf Street,
Tweed Heads NSW 2485

Robina

Suite 105 Eastside Robina
6 Waterfront Place,
Robina QLD 4226

www.shrinkco.com