

ACC Concussion Service



Your guide to **KEY** partners, people, and contacts.

Your Local Concussion Providers in the Wairarapa.

Helping you get back to life after a mild to moderate brain injury.

If your concussion symptoms aren't improving, your GP may recommend ACC's Concussion Service.

This services is fully funded by ACC.

What to expect

A holistic, person-centred recovery plan designed around your needs, with support from a team that may include:

- Occupational Therapy & Physio
- Psychologists & Neuropsychologists
- Brain injury specialists

Who can be referred?

You may be eligible if you've had a mild to moderate brain injury in the past 12 months and are experiencing ongoing symptoms like memory or mood changes, fatigue, headaches, vision, or balance issues that are impacting your day-to-day life (such as going to work or school).

Molly Bettridge - Back In Action

Experience working with concussion clients for 5+years. I am trained in vestibular rehabilitation and can also help with breathing/anxiety issues relating to concussion.



Chris Trickett - Creative Physio

Chris has worked within concussion service programmes for several years. Chris has a keen interest in managing any neck, nervous system and vestibular issues that can arise from a concussion event. He provides a holistic and considered approach to all patients that present following a concussion.



Kristy Trickett - WSM Group

Specialises in traumatic brain injury rehabilitation, with a strong focus on concussion management. Kristy is passionate about early education and comprehensive assessment to support optimal recovery outcomes. As an occupational therapist, Kristy assists individuals in managing daily function during recovery and plays a key role in facilitating a safe, graded return to school or work following concussion, when required.



Helen Simmonds-Smith - WSM Group

Supports people through concussion recovery with education, recovery coordination and practical strategies for fatigue, sensory overwhelm and cognitive challenges. Special interest in supporting the brain and nervous system to recover, using a holistic approach to help people rebuild confidence and participation in everyday life.



Grant Plumbley - WSM Group

Grant has 35 years experience as a physiotherapist. He has also recently completed his advanced clinical practice papers. Experienced in concussion rehabilitation with advanced skills in cervical spine assessment, neurophysiological recovery, and vestibular-oculomotor therapy. Provides individualised, evidence based treatment and return to sport readiness.



WSM Group Gold Licence covers all ACC community rehabilitation contracts held by Active + across Wellington, Hutt, Kapiti and Wairarapa. WSM Group are proud to work in partnership with independent practices across the region, to offer locally delivered, community connected services with patients at the heart of decision making.



GPs can refer clients via SPECIALIST REFERRAL (SR), SELECT ACTIVE + or by using the QR code or web link below.
<https://www.activeplus.co.nz/gp-referral-form/>



Mahi tahi, working together to deliver ACC community rehabilitation in partnership with Active + across Wellington and Wairarapa.

