



Understanding People with a Brain Injury

An Acquired Brain injury (ABI) can happen suddenly to anyone. They can get one from a stroke, a brain infection, a road accident, a fall, a hit on the head, or brain surgery.

A brain injury can affect the way somebody acts and thinks. They may talk differently, or walk unsteadily. They might also have difficulties that aren't obvious.

This leaflet shows how you can help when you meet someone with a brain injury.

Did you know ?

Approximately 17,000 people get a brain injury each year in Ireland

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Brain Injury Services & Support



How you can help someone with a brain injury?

- Be patient.
- Give the person extra time to think and to do what you've asked.
- Only ask them one question at a time.
- If you don't understand what someone said, ask them to repeat it. Try saying it back to them to check you've understood correctly.
- Reduce noise and distractions so it's easier for the person to concentrate.
- If they're getting angry or frustrated, suggest they take a moment and come back when they feel calmer.
- If someone is feeling upset or down, please be supportive.

For more information, please contact Headway's Community Integration Team in Limerick on **061 469 306**, in Cork on **021 487 1303**, or in Dublin on **01 810 2066**

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