

## Hospital rehabilitation



The **National Rehabilitation Hospital (NRH)**, Dún Laoghaire, is the main centre for adults and children with brain injuries. Your doctor can refer you as an **inpatient**, or **outpatient**. Services include Rehabilitation Consultants, Speech and Language, Psychology, Physiotherapy, Occupational Therapy, Sexual Health, Vocational Assessment, and Rehabilitative Training.

Consultants from the NRH also have clinics in other hospitals. t: 01 235 5000 w: nrh.ie

Phone **Headway** for details of other services near you. t: 1800 400 478

## Care and caring



### Support and information for carers

**Headway** t: 1800 400 478 w: headway.ie

**Family Carers Ireland** t: 1800 24 07 24 w: familycarers.ie

### Nursing homes and care facilities

Ask your Hospital Social Worker, HSE Public Health Nurse, or GP Practice Nurse for advice and a list.

**Nursing Homes Ireland** has details of nursing homes who are registered members. t: 01 469 9800 w: nhi.ie  
See [hiqa.ie](http://hiqa.ie) for useful inspection reports.

**Paying for care:** see [Payments and grants](#) in this leaflet.

**Care at home:** talk to your Hospital Social Worker, Disability Liaison Nurse, or Disability Manager, about getting a **HSE Home Care Package**. This may include nursing, home help or personal assistance.

**See also:** [Supported and accessible accommodation](#).

**Private home care providers:** ask your Public Health Nurse or GP Practice Nurse about local services. Some private home care companies are registered members of **Home and Community Care Ireland**. w: hcci.ie

If you need a break from caring, ask your GP, Public Health Nurse, Social Worker or HSE Disability Manager. They may be able to get respite care for your family member.

## Not sure where to start?

Phone **Headway** on 1800 400 478 or email: [helpline@headway.ie](mailto:helpline@headway.ie)

We're here to help.

**HEADWAY**  
Brain Injury Services & Support

## Health and independence



Headaches and tiredness affect many people as they recover but often improve over time. If you're worried about any symptoms ring your consultant or GP.

Contact your **HSE Health Centre** for the Public Health Nurse, Home Helps, Personal Assistance, Occupational Therapy, Physiotherapy, Speech and Language Therapy, Day Care and Respite Care.

Contact your **HSE Local Health Office** for the Disability Manager, Older Persons Services Manager, Counselling, Psychology, Mental Health, Social Work, Dietician and dental, foot and eye clinics.

**HSE Infoline** t: 1800 700 700 w: hse.ie

Medical Card, GP Visit Card, and many other schemes, can help with costs if you are on a Social Welfare payment, a low income, or have particular medical needs. Ask your Hospital Social Worker or call **Citizen's Information** on 0818 074 000.

**Note:** Medical card holders are usually given priority for HSE community services. If you don't have a medical card, you're still entitled to apply for most services.

**Heart & Stroke Helpline** t: 01 668 5001 w: irishheart.ie

**Epilepsy Ireland** t: 01 455 7500 w: epilepsy.ie

**Migraine Ireland** t: 01 894 12801 w: migraine.ie

**Aphasia Ireland** e: aphasiaireland@gmail.com w: aphaisaireland.ie

**Brain Tumour Ireland** t: 085 721 9000 w: braintumoureireland.com

**NCBI** has services and support if your sight has changed. t: 01 830 7033 w: ncbi.ie

**Fighting Blindness** t: 01 678 9004 w: fightingblindness.ie

**Chime** has services and support for hearing loss. t: 01 817 5700 w: chime.ie

### Private services - find a registered professional

**Speech and Language Therapists** for communication and swallowing. e: info@isti.ie w: isti.ie

**Physiotherapists** for movement and rebuilding strength. t: 01 402 2574 w: cppp.ie

**Occupational Therapists** for day-to-day living skills, thinking skills, housing adaptations and equipment. t: 01 874 8136 w: aoti.ie

### Aids, appliances and technology

Try out the accessibility features on your phone or computer. Ask your Occupational Therapist or Speech and Language Therapist for advice too.

[my-therapy.co.uk](http://my-therapy.co.uk) for details of apps tested by the NHS. [atandme.com](http://atandme.com) from Enable Ireland gives information on assistive technologies and resources.

### Brain injury and rehabilitation services

**Headway** offers brain injury rehabilitation, training, psychology and other community services. t: 1800 400 478 w: headway.ie

**Acquired Brain Injury Ireland** offer assisted living, case management and community rehabilitation services. t: 01 280 4164 w: abiireland.ie

**Rehab Group and Quest** t: 091 778 850 w: rehab.ie

**The Irish Wheelchair Association** t: 01 818 6400 w: iwa.ie

## Payments and grants



Ask the **Hospital Social Worker** about payments and grants or contact **Citizens Information** on 0818 074 000. See also [Financial and Legal](#) in this leaflet.

**Payments to family carers:** you may be entitled to **Carer's Allowance**, **Respite Grant**, or other Social Welfare payments.

If you stop working to care for a family member, you can apply for **Carer's Leave** and **Carer's Benefit**.

**Dept of Social Protection** t: 0818 927 770 w: welfare.ie

**Payments to people with brain injuries:** you may be entitled to **Illness Benefit**, **Disability Allowance**, an **Invalidity Pension** or other Social Welfare payments. For some payments, you can work, or do training, and keep your benefits.

**Dept of Social Protection** Lo call t: 0818 927 770 w: welfare.ie

**Paying for a nursing home:** the **Nursing Homes Support Scheme - a Fair Deal** shares the cost between you and the state. Ask the Hospital Social Worker, or your local **Nursing Homes Support Office**, for forms and assistance.

**HSE** t: 1800 700 700 w: hse.ie

**Paying for care at home:** the HSE may provide a **Home Care Package**. Contact the HSE Disability Manager, or Manager of Older Persons Services. **HSE** t: 1850 24 1850 w: hse.ie

If you're paying privately, you can claim **Tax Relief**. **Revenue** t: 01 738 3671 w: revenue.ie

**Adapting your home:** if you're renting from the council, contact their **Housing Section**. If they approve any adaptations, they'll pay for them.

If you're a home owner, or renting, you can apply for the **Housing Adaptation Grant** or **Mobility Aids Housing Grant** from your council.

If you don't qualify for these, and can't get a bank loan, you can apply to your council for a **Home Improvement Loan**. See more on [citizensinformation.ie](http://citizensinformation.ie) and in [Housing and adapting your home](#) in this leaflet.

**Aids, appliances and technology:** you can get these through the HSE, privately, or through health insurance. Your Occupational Therapist (OT) can advise you, and help you apply for the **Mobility Aids Housing Grant**.

### Income Tax Relief and VAT back

These are available on the following and others:

- Buying, and using, an adapted car
- Aids, appliances, technology and medication
- Cost of care and hospital treatment

**Revenue** t: 01 738 3671 w: revenue.ie

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## Mental health



Whether you've had a brain injury, or are a family member, you may find it helpful to talk to a counsellor or psychologist, to come to terms with life after a brain injury. It can also help to meet others like yourself.

Also, if you have a brain injury, specialist psychologists called **neuropsychologists**, can assist you to identify your strengths and work on problems in thinking, remembering, behaviour and mood.

Your consultant or GP can refer you, or you can refer yourself. Ask if your hospital has a psychologist.

**Headway** offers free peer support, counselling and psychology. t: 1800 400 478 w: headway.ie

**HSE** offers **Primary Care Psychology and Counselling** in Primary Care services. **HSE** t: 1800 700 700

**Family Resource Centres** provide low-cost or free counselling. t: 01 771 8500 w: familyresource.ie

**Accredited private counsellors** are listed on [iacp.ie](http://iacp.ie).

**Psychological Society of Ireland** has details of psychologists who are registered members. t: 01 472 0105 w: psychologicalsociety.ie

### Mental health difficulties

If you feel you're not coping, talk to your GP. They can support you and refer you to your HSE Community Mental Health Service, if needed. There are also a small number of psychiatrists who treat people with brain injuries in Ireland (**Neuropsychiatrists**). Your GP, consultant, or psychiatrist, can refer you.

Remember, if you ever feel like harming yourself: tell someone you trust and phone your GP, or text 'help' anytime to 51444, or phone the Samaritans on: 116 123, or phone **Pieta 24hrs** on 1800 247 247 call 999, or go to **Accident and Emergency**.

### Support groups

**stroke.ie** has a list of support groups and clubs, for anyone affected by stroke. t: 01 668 5001

**Croí** provides stroke support and prevention in the West. t: 091 544 310 w: croi.ie

**Brain Tumour Ireland** t: 085 721 9000 w: braintumoureireland.com

Contact **Headway** for details of other support groups.

## Citizens Information

To get free advice, and help with application forms for public services, call into your local **Citizens Information Centre**, visit their website or phone them.

t: 0818 074 000

w: [citizensinformation.ie](http://citizensinformation.ie)

## Housing and adapting your home



### Finding out what you need

See the **Occupational Therapist** in your hospital, in your local HSE Health Centre, or privately. They can assess what you need, help rebuild your skills, do reports, help you get equipment and apply for grants.

See **Health and independence** in this leaflet for where to access an **Occupational Therapist** and where to find equipment, aids, and other services you may need.

### Adapting your home

If you're renting from your council, contact them. If they approve any adaptations, they'll cover the costs.

If you're a home owner or renting, you may be entitled to the **Housing Adaptation Grant** or **Mobility Aids Housing Grant** from your local council. These grants can help towards the costs of making changes to your home.

If you don't qualify for a grant, and can't get a bank loan, you can apply for a council **Home Improvement Loan**. See more on [citizensinformation.ie](http://citizensinformation.ie) or contact your local council.

### Applying for Social Housing

Contact your local council to apply to go on their **Housing List** for the Council, Housing Associations and Housing Co-operatives.

**Irish Wheelchair Association** gives information and advice on applying for accessible housing. t: 01 818 6400 w: iwa.ie

**Irish Council for Social Housing** has details of housing associations in your area. w: icsh.ie

### Renting

If you're renting privately you may qualify for rent supplement or the **Housing Assistance Payment (HAP)**.

**Threshold** can provide you with free independent advice and support if you're having problems renting, particularly if you're at risk of homelessness. t: 1800 454 454 w: threshold.ie

### Supported and accessible accommodation

**Acquired Brain Injury Ireland** offer assisted living, and rehabilitation for living at home. t: 01 280 4164 w: abiireland.ie

**Rehab Care** provide supported accommodation, and residential services for adults with disabilities. t: 01 205 7200 w: rehabcare.ie

**Irish Wheelchair Association** offers accessible accommodation and supports people with reduced mobility to live more independently. t: 01 818 6400 w: iwa.ie

**Cheshire Ireland** provide supported living and residential services for adults with disabilities. t: 01 297 4100 w: cheshire.ie

**Nua Healthcare** provides services to support people with brain injuries to live at home. t: 045 856 592 w: nuahealthcare.ie

## Work and other activities



### Rehabilitative Training

Get advice from the **HSE Occupational Guidance Service**. t: 1800 700 700 w: hse.ie

**Headway** offers services to help rebuild your confidence and skills. t: 1800 400 478 w: headway.ie

**Acquired Brain Injury Ireland** give assessments and support. t: 01 280 4164 w: abiireland.ie

**The Rehab Group and Quest** offer training. t: 01 2057 200 w: rehab.ie

**Employability** offers job-seeking and in-work support for people with disabilities through your **Intreo** office or **Local Employment Service**.

**Employers** can get grants and support to help you return to work, or to employ you. **Dept of Social Protection** t: 01 704 3000 w: gov.ie

[employersforchange.ie](http://employersforchange.ie) for tips and advice for workers and employers. t: 085 157 9603

[workequal.ie](http://workequal.ie) provides free work preparation, styling, budgeting and mentoring advice and support to women. t: 089 220 2015

If you're on a **Social Welfare Payment** and want to work or train contact **Citizens Information** for advice. t: 0818 074 000

[ahead.ie](http://ahead.ie) for support if you are studying.

[volunteer.ie](http://volunteer.ie) for advice and opportunities.

## Financial and legal



If you're on a social welfare payment, and can't meet your living costs you may be entitled to **Supplementary Welfare Allowance** through your local **Intreo** office. t: 0818 662 244

Check if you're due any payments if you have a: **Pension, Life Assurance, Income Protection Plan, or Health Insurance**.

**MABS (Money Advice and Budgeting Service)** gives free advice to anyone facing financial difficulties. t: 0818 072 000 w: mabs.ie

See also **Payments and grants** in this leaflet.

**FLAC (Free Legal Advice Centres)** t: 01 906 1010 w: flac.ie

**Legal Aid Board** can give you low-cost legal services, and advice, if you're on a low income. t: 0818 615 200 w: legalaidboard.ie

**Finding a solicitor:** if you want to take a legal case or claim compensation, it's best to talk to a solicitor with experience in brain injury. Most solicitors don't charge for a first meeting. For 10 questions to help choose a solicitor, see [headway.ie/information](http://headway.ie/information).

**piab.ie** is the government body which deals with personal injury claims. t: 0818 829 121

## If you have difficulty getting a service, you can:

- Ask for the **Access Officer** in any government department or public service. Their job is to assist people with disabilities to access any public service or entitlement.
- **Appeal** if you've been refused a public service, grant, or **Social Welfare Payment**.
- Contact the **National Advocacy Service for People with Disabilities**. t: 0818 073 000 or **Sage Advocacy** t: 0818 719 400

## Transport and mobility



There are a number of government schemes:

1. **The Disabled Person's Parking Card**. You can be a driver or passenger.
2. **Tax Relief** for disabled drivers or passengers.
3. **Free Travel Pass and Companion Travel Pass**.

For more information, contact **Citizens Information** t: 0818 074 000 w: citizensinformation.ie

### Driving

Your consultant, or GP, should advise you when it's safe to drive again. You can take refresher driving lessons, and have your car adapted if needed. See below, for organisations that offer driving advice and services.

**Irish Wheelchair Association (IWA)** provides driving assessments, tuition and advice on car adaptations, to people with reduced mobility. They also issue the **Disabled Person's Parking Card**. t: 045 893 094 w: iwa.ie

**Disabled Drivers Association of Ireland (DDAI)** provides information on driving, buying a car and adaptations. They also do driving assessment, tuition and issue the **Disabled Person's Parking Card**. DDAI t: 094 936 4054 w: ddai.ie

Contact **Headway** for other providers.

### Getting around

**Transport for Ireland** can help you find accessible transport including wheelchair taxi operators and door-to-door **Local Link** bus services t: 01 879 8300 w: transportforireland.ie

**Dublin Travel Assistance Scheme** provides a staff member to help you regain confidence in using the bus, DART, train or LUAS in the greater Dublin area on your own. t: 01 7033 204 w: dublinbus.ie

**Bus Eireann, Irish Rail, Dublin Bus and LUAS** have **Access Officers**. Their role is to assist people with disabilities to access these services and to follow up if you experience any barriers. See websites for contact details.

## Getting What You Need After a Brain Injury

The journey to recovery can be a challenge after a head injury, stroke or other acquired brain injury. We hope this leaflet makes it easier to find what you need.

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Health and independence

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Work and other activities

Financial and legal

Housing and adaptations



**HEADWAY**  
Brain Injury Services & Support

**Headway offers services, information and support to people with brain injuries, family members, professionals, service providers, employers and anyone interested in brain injury.**

Headway's Information and Support team put this leaflet together. Most of the services listed are free of charge. We welcome your comments or questions. We've done our best to ensure we have been as accurate as possible. However, we can't be responsible for any errors or omissions.

You can contact Headway on:

t: 1800 400 478 Mon-Fri 9am-1pm and 2-5pm  
e: [helpline@headway.ie](mailto:helpline@headway.ie)

w: [headway.ie](http://headway.ie) for info and live chat

Headway is accredited by **CARF International for Adult Home and Community and Vocational Services – Brain Injury Speciality**. We are a not-for-profit organisation. **CHY No: 7417**. To support our work, please visit [headway.ie](http://headway.ie).

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