

# HEADWAY

Brain Injury Services & Support

Has your life or the life of someone you love changed after a stroke, brain haemorrhage, an infection, a tumour, an accident, a lack of oxygen or drugs or alcohol abuse?

We're here  
for you.

For information and confidential support:  
Freephone 1800 400 478 | [www.headway.ie](http://www.headway.ie)

## An Acquired Brain Injury (ABI) – What is ABI and how does it affect people?

An Acquired Brain Injury is an injury to a person's brain that happens during their lifetime. The injury can be caused by a stroke, brain haemorrhage, an infection, a tumour, an accident, a lack of oxygen or drugs or alcohol abuse. It can happen to anyone, at any time, and when it happens it can be life changing.

It can even change who you are.

With the right rehabilitation, survivors of brain injury can learn to adjust to their new situation, improve their abilities and achieve a fulfilling life.

## Who we are

Founded in 1985, Headway is a not for profit organisation that provides community-based rehabilitation services for adults (18+) living with Acquired Brain Injury (ABI). Our aim is to help you rebuild your life after a brain injury.

We have rehabilitation centres in Dublin, Cork and Limerick, outreach services in Kerry and the South East and operate a national helpline which provides information and support to people living with brain injury. All services are free of charge.

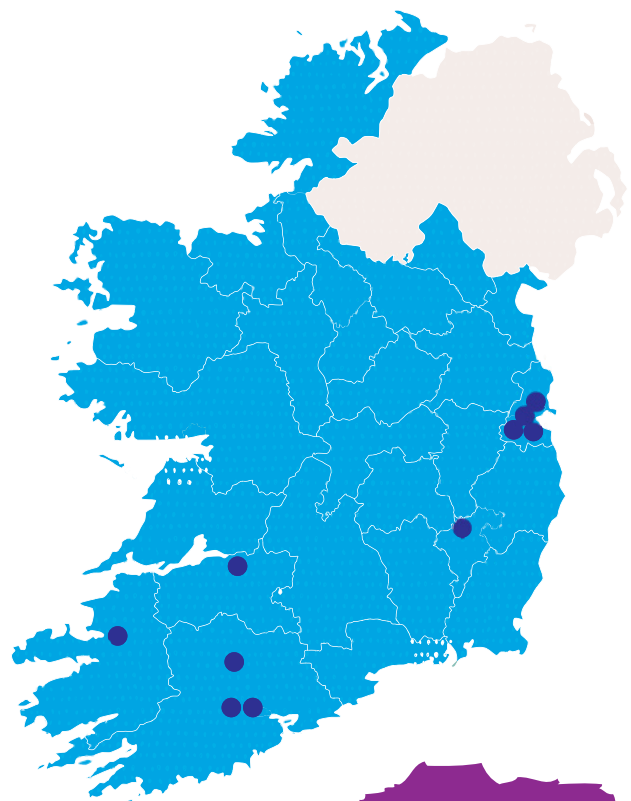
We pride ourselves on the quality of our services. CARF International, the rehabilitation quality specialists, have accredited Headway services for Home and Community and Vocational Programmes in the Brain Injury Speciality, meaning our quality services are of the highest international standards.

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After my accident, I started going to Headway. I learned how to cook and use computers and relearned how to read and write. Headway gave me a reason to get up every morning.

John Age 56

## Where we are



Freephone 1800 400 478 to find  
your local rehabilitation centre.

## Our Approach

At Headway, we recognise that life after a brain injury can be overwhelming for both survivor and family members. Our team are committed to help you make the most of your potential, improve your quality of life and level of independence by providing a range of cognitive, social, educational, creative and rehabilitative activities in a supportive environment.

We deliver flexible and person-centred services crafted to respond to your needs, providing the highest standards of rehabilitative and psychological support needed to improve your quality of life.

“”

When I started Headway at the age of 18 I thought that being around people who have brain injuries like me would make me worse... Looking back I am so grateful Headway was the light during the dark times.

Shannonree Age 20 / Stroke survivor

## What happens in Headway?

Our interdisciplinary team will work together with you and your family. The first step will be to get a thorough understanding of your needs and strengths. We will invite you and a family member, carer, partner or other person who knows you well for an initial appointment.

This is your chance to say what type of help you are looking for and our chance to meet you and establish how best we will be able to help you. From that initial assessment, services will be tailored, based on your need and your own goals for recovery. Our website has a short video that can explain. [www.headway.ie/our-services/](http://www.headway.ie/our-services/)

## How to Apply?

We will accept a referral from you, your family member, carer or professional working on your behalf, providing there is evidence of an acquired brain injury.

Referral forms are available on our website. Alternatively, you can call our helpline and we will assist you. Freephone 1800 400 478.

The waiting time can vary for your first appointment. We will advise you how long it will take to get an initial appointment.

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I see my recovery as taking 3 distinct stages after my accident: The acute hospital saved my life. The National Rehabilitation Hospital put me on my feet and taught me to survive. Headway showed me how to have a life worth living. I am truly thankful for that. Simply living my life again is a gift. Headway were central in showing me the way.

Martin

## For Information and Confidential Support

Freephone  
1800 400 478

email  
[helpline@headway.ie](mailto:helpline@headway.ie)

[www.headway.ie](http://www.headway.ie)



Registered Office:  
Blackhall Green, Off Blackhall Place Dublin 7  
Reg No: 198247 CHY No: 7417

“”

Headway has shown me I have a voice, I can be heard and this confidence is certainly a big part of the help I get from the team in Headway. I recently joined the choir which was something that I never thought that I could be a part of. After I had my Stroke I had lost the love of music. I can't hear fully the beat the words or the music and yes it is hard for me but I felt a part of something and that I could connect and that I can do this.

**Derek** Age 45, Stroke survivor

## Psychology and Family Support

Headway's psychology team provides a range of support to meet the needs of individuals and family members. Through neuropsychological assessment and cognitive rehabilitation, Headway helps clients to identify specific challenges unique to them and to learn new skills and strategies to overcome any difficulties.

We provide individual counselling for family members and brain injury survivors to address grief and loss, adjustment to change, self-esteem, conflict and relationship issues that may arise. We also provide couples, family and group therapy as well as support family members and carers through education.

## Work-Related Programmes

Our Headway vocational team helps clients who have barriers to work prepare for, enter and succeed in the workforce. They assess each client and design individually tailored steps to help them achieve their goals.

Each of our vocational programmes is designed to provide insight and increase self-awareness, identify interests and explore practical career options and goals post injury. All of our programmes seek to empower clients to reach their optimum level of independence and self-management.

## Skills Training Programmes

Brain injury, whether mild, moderate or severe, causes significant changes to everyday life. Brain Injury training programmes focus on the individual's ability to compensate for changes following injury as well as educational and vocational goals.

Our targeted QQI\* certification modules help people living with brain injury develop skills based on areas of interest and need. All our Headway centres have the QQI\* Quality Assurance Mark.

\*Quality and Qualifications Ireland.

## Community Based Rehabilitation

Our Community Integration team will work with a client and provide them with an individually designed programme to meet their need to offer them the opportunity to become as independent as possible in the community.

These outreach programmes try to make it easier for people to take part in social, leisure, recreational and vocational activities in the community, become more independent in daily living and increase their ability to live or work independently in the community following acquired brain injury.

## Long Term Rehabilitation

The aim of our long term rehabilitation programme is to maximise a person's ability to live as independently as possible. A major objective is to reduce social isolation.

Our community rehabilitation services help survivors of brain injury work towards their own goals with the aim of reaching their potential in activities of day to day life.

Clients can be involved in anything from peer support groups, social groups to jobs clubs, physical activity or rehabilitative sports, men's shed, training programmes and creative arts programmes.

## Information and Support

The Information and Support team operate a confidential helpline and answer enquiries from anyone affected by a brain injury, including survivors, their families and professionals.

We provide a valuable information service as well as a much needed listening ear for people coping with life after brain injury. We also have a range of information materials addressing the practical issues associated with brain injury.

To request these or to found out more about Headway and our services Freephone 1800 400 478 or go to [www.headway.ie](http://www.headway.ie).

Headway offers help, hope and a voice for people with brain injury.

Please help make a positive difference.

To find out more, call us today or visit [www.headway.ie](http://www.headway.ie)

Please consider making a donation today.

# Our Services

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