

The Scope of Headway Services

About Us

Headway is a community-based rehabilitation service for people whose lives have been affected by Acquired Brain Injury (ABI). Our rehabilitation programmes are client centred and individualised for the specific needs of each person.

We have services in Dublin, Cork, Limerick, and Kerry. Our exact locations of centres and contact details are on our website <https://headway.ie/> Services based in our centres normally operate between 9 and 5 on weekdays. Occasionally, services run outside these hours to facilitate specific needs. Rehabilitation programmes are individualised, and so, the exact number of days or hours you attend is determined by your rehabilitation needs, and will be discussed with you fully, both at initial assessment and throughout the service.

There are no fees for our services. Headway is a registered charity (number CHY7417), and we receive funding from the HSE (Health Service Executive).

Who can use Headway services?

- We will accept a referral from you or your family member or carer or professional working on your behalf, providing there is **evidence of an Acquired Brain Injury**.
- Generally, you must be aged **18 and above**. Some strands of our services are limited to those under 65 years, this is because of funding restrictions and service appropriateness. Any age restrictions will be outlined clearly with you.
- You must also be **medically stable** - Headway does not administer or monitor any invasive medical procedures (e.g., feeding tubes, Foley catheters, injections etc.).
- You must be **motivated** and **able to engage** with the process of rehabilitation. We encourage you to discuss any concerns with us, and our services will be fully explained to you, and you will have an opportunity to ask any questions at a Needs Assessment.
- Headway provides services for people whose main difficulty is their or their loved one's brain injury and associated recovery. Each referral will be considered individually, but we do not usually work with people whose **main** difficulties are not related to their brain injury. Where the main difficulty is not clear from the referral form, we will invite you to attend a Needs Assessment and the decision regarding the most appropriate service(s) will be made following this meeting.

- Some people have complex needs which means that our rehabilitation services are not necessarily appropriate. Where your needs are better met in another service (e.g., addiction treatment programme, mental health services, intellectual disability service, older adult/dementia service), we will provide you with information about appropriate agencies. In this situation, you may engage with Headway again in the future as soon as you are able to benefit fully from rehabilitation.

What services do Headway provide?

Services include a range of both group and individual interventions, which aim to increase your independence, as well as improving your social connectedness and engagement with your community. Overall, we aim to improve your quality of life. The complete range of our services are listed below.

How is it decided what service I should get?

Before you enter services, an initial assessment is carried out. You and a family member or support person (where appropriate) meet with members of the Rehabilitation team, where a comprehensive overview of your situation and your rehabilitation needs is gathered. Together, the Rehabilitation team, including you and your family member/support person develop the best possible individualised rehabilitation plan. Following this assessment, you are provided with written follow up, containing the outline of the plan and more details of the service. Depending on your needs and circumstances, the Rehabilitation team may also include agents or agencies external to Headway in the plan, including referral agents, employers, and nursing home staff amongst others.

How do I access Headway services?

Referrals to Headway services come from a variety of sources including; HSE referral agents, medical or allied health professionals working either within hospitals or within the community. We also receive many referrals from individuals with ABI themselves, or from their family members. (For more information see the section on our website about how to apply for more information and referral forms.)

Who can I speak to for more information?

If you would like more information about our services, or would like to ask a question about your situation, you can contact our Helpline on 1800 400 478 or contact us through our website on the contact section

Summary of Headway Programmes

Type of Service	How it Works
Rehabilitative training programmes	Through classroom based and individual approaches, we provide the skills necessary for people with brain injury to maximize their independence and progress to a reduced level of support
Day Rehabilitation services	In the Headway Day Rehabilitation centres, we focus on group and individual work to help people with moderate to severe disability following brain injury improve their quality of life and maximize their potential.
Community Rehabilitation	Through a completely individually tailored approach, we tackle barriers to participating in local community life and help to increase the person's level of independence.
Employment/Vocational Support	For people wishing to return to employment, our aim is to work with people individually or in groups to facilitate re-entry into the workplace, training, or other vocational settings, e.g., volunteering.
Psychological and neuropsychological support	With our team of experienced psychologists and neuropsychologists, we provide assessment and help for people on an individual or group basis. Typical ways we work include: Education, cognitive rehabilitation, psychotherapy, or counselling.
Family Support	We provide family education, support groups for family members and individual counselling for family members coping with the aftermath of an acquired brain injury.
Telephone/Web based Information and Support	Our lo-call National Information and Support Telephone Helpline (1800 400 478) operates Monday to Friday 9am to 5pm to answer questions on all aspects of acquired brain injury, or to provide a listening ear where needed.