

If you have difficulty getting a service, you can:

- Ask for the Access Officer in any government department or public service.
- Appeal if you've been refused a public service, grant, or Social Welfare Payment.
- Contact the National Advocacy Service for People with Disabilities. t: 076 107 3000

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: 076 107 4000 w: www.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 0945 w: www.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: www.ddai.ie

Getting around

Assist Ireland has information on mobility aids.
t: 076 107 9200 w: www.assistireland.ie

Transport for Ireland can help you find accessible transport including mini bus services.

t: 01 879 8300 w: www.transportforireland.ie

Rural Transport Programmes offer low cost, accessible transport in some rural areas.

t: 066 7147 002 w: www.ruraltransportnetwork.ie

Dublin Travel Assistance Scheme provides a staff member to help you regain confidence in using the bus, DART or LUAS on your own.

t: 01 7033 204 w: www.dublinbus.ie

Wheelchairtaxi.ie can help you find accessible taxis, and more, in Ireland.

w: www.wheelchairtaxi.ie

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.

Hospital rehabilitation



Care and caring



Health and independence



Payments and grants



Counselling and psychology



Transport and mobility



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've done our best to ensure we have been as accurate as possible. However, we can't be responsible for any errors or omissions.

We welcome your comments or questions.

You can contact Headway on:

t: 1890 200 278 Mon-Fri 9am-1pm and 2-5pm

e: helpline@headway.ie

w: www.headway.ie

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 contact us.

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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: www.nrh.ie

Phone Headway for details of other services near you. t: 1890 200 278

Care and caring



Support and information for carers

Headway t: 1890 200 278 w: www.headway.ie

The Carers Association t: 1800 24 07 24

Caring for Carers t: 065 686 6515

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: 01 429 2570 w: www.nhi.ie

See www.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.

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**.

t: 083-192-4987 w: www.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 1890 200 278
or email: 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, dental, foot and eye clinics.

HSE Infoline t: 1850 24 1850 w: www.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 076 107 4000.

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

Stroke Helpline t: 1890 432 787 w: www.stroke.ie

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

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

Deaf Hear has services and support for hearing loss. t: 01 817 5700 w: www.deafhear.ie

Private services - find a registered professional Speech and Language Therapists for communication and swallowing. t: 01 872 8082 w: www.iaslt.ie

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

Occupational Therapists for day-to-day living skills, thinking skills, housing adaptations and equipment. t: 01 6874 8136 w: www.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.

Assist Ireland has information on aids for daily living, mobility and communication. w: www.assistireland.ie
t: 0761 079 200 e: support@assistireland.ie

Brain injury and rehabilitation services

Headway offers brain injury rehabilitation, training, psychology and other community services. t: 1890 200 278 w: www.headway.ie

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

The Rehab Group and Quest w: www.rehab.ie

The Irish Wheelchair Association w: www.iwa.ie

Payments and grants



Ask the **Hospital Social Worker** about payments and grants or contact **Citizens Information** on 076 107 4000. 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: 1890 927 770
w: www.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: 1890 927 770
w: www.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: 1850 24 1850 w: www.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: www.hse.ie

If you're paying privately, you can claim **Tax Relief**. Revenue t: 01 702 3011 w: www.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 www.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: 01 702 3011 w: www.revenue.ie

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Counselling and psychology



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.

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 brain injury counselling and psychology. t: 1890 200 278 w: www.headway.ie

HSE offers Primary Care Psychology and Counselling in the Community services. HSE t: 1850 24 1850

Family Resource Centres provide low-cost or free counselling. t: 01 635 2854 w: www.tusla.ie

Accredited private counsellors are listed online in: www.counsellingdirectory.ie, www.iahip.org and www.irish-counselling.ie.

Psychological Society of Ireland has details of psychologists who are registered members. t: 01 472 0105 w: www.psihq.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 1Life on: 1800 247 100, or call 999, or go to Accident and Emergency.

Support groups

www.stroke.ie has a list of support groups for anyone affected by stroke. t: 1890 432 787

Contact **Headway** for details of other support groups, including BRÍ and aphasia support groups.

t: 1890 200 278 w: www.headway.ie

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: 076 107 4000 e: info@ciboard.ie

w: www.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 Housing 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 www.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, Voluntary Housing Associations and Housing Co-operatives.

See www.iwa.ie/house for the 10 steps to applying for accessible social housing.

Irish Wheelchair Association Housing Support Service gives information and advice on accessible housing. t: 01 818 6400 w: www.iwa.ie/house

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

Renting

If you're renting privately and want to apply for rent supplement you also need to be on the council's housing list.

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: 1890 334 334 w: www.threshold.ie

Supported and accessible accommodation

Acquired Brain Injury Ireland offer assisted living, and rehabilitation for living at home.

t: 01 280 4164 w: www.abiireland.ie

Rehab Care provide supported accommodation, and residential services for adults with disabilities.

t: 01 205 7200 w: www.rehabcare.ie

Irish Wheelchair Association offers accessible accommodation and supports people with reduced mobility to live more independently.

t: 01 818 6400 w: www.iwa.ie

Cheshire Ireland provide supported living and residential services for adults with disabilities.

t: 01 297 4100 w: www.cheshire.ie

Work and other activities



Rehabilitative Training

Get advice from a **HSE Occupational Guidance Officer**. t: 1850 24 1850 w: www.hse.ie

Headway offers services to help rebuild your confidence and skills. t: 1890 200 278 w: www.headway.ie

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

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

Employability - services for people with disabilities. Visit www.welfare.ie and search for 'Employability'.

Employers can get grants and support to help you return to work, or to employ you. **Dept of Social Protection** t: 1890 927 770 w: www.welfare.ie

If you're on a **Social Welfare Payment** and want to work or train contact **Citizens Information for advice** t: 076 107 4000

www.ahead.ie for support if you are studying.

www.volunteer.ie for advice and opportunities.

Financial and legal



If you're on a social welfare payment, and can't meet your living costs, contact the **Community Welfare Officer**. **Dept of Social Protection** t: 1890 927 770

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: 076 107 2000 w: www.mabs.ie

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

FLAC (Free Legal Advice Centres)

t: 1890 350 250 w: www.flac.ie

Legal Aid Board can give you low-cost legal services, and advice, if you're on a low income.

t: 1890 615 200 w: www.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 you choose a solicitor, see www.headway.ie/information.

injuriesboard.ie is the government body which deals with personal injury claims. t: 1890 829 121