



# UNDERSTANDING ACQUIRED BRAIN INJURY

## A **FREE** FAMILY SURVIVAL TOOLKIT

### Who are the sessions for?

The course is designed specifically for **Families and Carers of adults who have sustained an Acquired Brain Injury** – either Traumatic Brain Injury (TBI) or other types of Acquired Brain Injury (ABI) - stroke, encephalitis, hypoxia etc.

### What is the course about?

The course will offer families and carers the opportunity to learn more about the brain, the consequences and impairments associated with brain injury, e.g. memory, concentration, and emotional and behavioural difficulties. As well as practical advice, there is plenty of time for carers to discuss issues, ask questions and share experiences.

There are 6 sessions run in a friendly and relaxed group format with our qualified Rehabilitation Coordinators, who specialise in brain injury. Sessions last 1-1.5 hours and include 1 hour topic content with 30 minutes at the end for discussion and questions (optional). Sessions are conducted online via 'Zoom'. If you are new to Zoom, we can help you get set up.

Sessions			
Monday 17 <sup>th</sup> May 2021	7.30pm	Zoom	Understanding the brain
Monday 24 <sup>th</sup> May 2021	7.30pm	Zoom	Understanding cognition
Monday 7 <sup>th</sup> June 2021	7.30pm	Zoom	Understanding fatigue
Monday 14 <sup>th</sup> June 2021	7.30pm	Zoom	Emotional and behaviour changes
Monday 21 <sup>st</sup> June 2021	7.30pm	Zoom	Communication
Monday 28 <sup>th</sup> June 2021	7.30pm	Zoom	Recap and moving forwards

To book a free place:

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