



**Galway Head Injury
Support Group**

A Galway Guide to:

SURVIVING HEAD INJURY

Galway Head Injury Support Limited

Mission Statement

To support families when a member has acquired a Brain Injury.

GHISL aims are:

To endeavour to improve the quality of life and wellbeing of people with acquired brain injury, their carers' and their families. To raise awareness and understanding of head injuries within the community and among health-care professionals.

GHISL objectives are:

1. Provide non-fiscal support and relevant information for the families of people with a brain injury.
2. Provide counselling, workshops and individual as required.
3. Provide a LoCall telephone counselling service for clients.
4. Provide 'Respite Weekends' 3 or 4 times a year.
5. Provide 'Information Evenings' and 'Social Evenings' monthly.
6. Provide Yoga classes.
7. Provide cookery and IT classes as required by members.
8. Highlight the special needs and requirements of families where there is a brain injury



GHISL

GHISL is a quasi-health service, albeit voluntary. We are not affiliated to any other organisation although we cooperate with our sister organisations, Quest, Rehab, Headway Ireland, Brí Group and The Peter Bradley Foundation.

WHAT IS HEAD INJURY

Head injury is damage to the Brain as a result of:

- A blow to the head as a resulting from a fall, a traffic accident or accident at work, or a sports injury.
- Damage to Brain tissue following a stroke, Brain surgery, or Brain tumour.
- A viral infection.
- Lack of oxygen to the Brain during a heart attack.

A head injury can also be referred to as an Acquired Brain Injury (ABI)

Any of the following behavioural changes can be expected after a head injury:

- Agitation
- Being irritable
- Verbal outbursts
- Uncontrolled temper
- Self-centredness
- Impulsive behaviour
- Emotional liability
- Lack of insight/denial of defects
- Paranoia
- Depression
- Lack of motivation
- Changes in sexual interest

Family members may experience one or more of these due to the fact that the results of head injury are extremely variable. However, it is important to be aware of all of the above.

HOW WILL I COPE FINANCIALLY

There are a number of welfare benefits that you or the person you care for may be entitled to. Some of these benefits are aimed at people living on low incomes and are means tested, but others are not means tested and everyone who meets the qualifying criteria to the full payment amount.

PAYMENTS FOR CARER'S

- Carer's Allowance
- Carer's Benefit
- Domiciliary Care Allowance
- Respite Care Grant

OCCUPATIONAL INJURIES

BENEFIT SCHEME

- Injury Benefit
- Disablement Benefit
- Unemployability Supplement
- Constant Attendance Allowance
- Medical Care
- Death Benefits

HOUSING

- Disabled Person's Grant
- Home Improvement Scheme for Older People
- Essential Repairs Grant
- Local Authority House Improvement Loans

SOCIAL WELFARE PAYMENTS

- Disability Benefit
- Invalidity Pension
- Disability Allowance
- Blind Pension
- Blind Welfare Allowance
- Infectious Disease Maintenance Allowance

- Supplementary Welfare Allowance
- Mobility Allowance
- Travel Pass
- Companion Pass
- Motorised Transport Grant

CONTACT

- **Social Welfare: (091) 500 800**
- **Comhairle: (091) 560 177**
- **Citizens Information Galway: (091) 563 344**

INCOME TAX

- Allowance for Employing a Carer for an Incapacitated Person
- Home Carer's Tax Credit
- Dependent Relative Tax Credit
- Rent Tax Credit
- Tax Credits/Allowance
- Blind Person's Tax Credit
- Guide Dog Allowance
- Incapacitated Child Tax Credit
- Medical Expenses (Form Med 1)

Note: Allowances are means tested: Benefits are PRSI based.

MORTGAGE REPAYMENT COVER

If you have mortgage repayment cover, your mortgage may be paid for the first 12 months after illness, accident, redundancy, or hospitalisation.

PAYMENT PROTECTION COVER

If you have a term loan and you also have payment protection cover your loan will be paid by this insurance for a certain period depending on the terms and conditions of that insurance.

LIFE COVER

Check if your life policy includes critical illness cover it is possible that you may be entitled to a lump sum as a result of your condition.

Note: It is best to check with your Insurance Company or Broker at this time to clarify your situation. Contact your local Social Welfare Office or Comhairle to get further information on the above

LIFE AFTER HEAD INJURY

10 TIPS TO SURVIVING HEAD INJURY

CARER

1. Share responsibility of care with other family members whenever possible. Talk to professionals and friends about the problems you are having “**don’t bottle it up**”. Group/individual counselling and respite breaks are highly recommended.
2. Try to keep the person you are caring for motivated. Giving clear and concise instructions will help with communication difficulties.
3. The brain heals very, **very slowly**; so don’t expect a huge recovery in the short-term.
4. Stay calm and try to act as normal as possible as this will help the person with the injury feel at ease.
5. It is very important for the carer to take whatever steps are necessary to stay healthy to enable them to fulfil their role of carer.

PERSON WITH INJURY

1. Don’t compare yourself to any other person with a head injury. Every head injury is different.
2. Have patience and allow yourself time to recover and don’t try to do too much too soon. The healing process cannot be rushed.
3. If you have memory problems keep a diary / personal organiser and seek professional help, it is available. The simple things work the best.
4. Stay positive and try to focus on your strengths rather than your weaknesses.
5. Avail of opportunities to get out and about and meet people to keep your spirits up.

EFFECTS OF ABI ON THE FAMILY

When a member of your family acquires a brain injury the family unit can be drastically affected.

Therefore you can expect some or all of the following issues to arise :-

1. Feelings of Stress, Grief, Anger, Denial and Panic are all normal.
2. Lack of understanding from relatives and friends and even some medical personnel of the hidden effects of Brain Injury.
3. Personality change that are sometimes only obvious to the immediate family.
4. Feelings of helplessness and isolation because the injuries are so complex.
5. Changes in marital and sexual relations.
6. Coping with the loss of a parent or sibling (as the child once knew) can be a major challenge for any young person.

BENEFITS OF COUNSELLING AND NETWORKING WITH OTHER CARERS.

1. Counselling allows people to express their feeling and concerns regarding their relative in a supportive environment.
 2. It helps to share information about brain injury and how it affects people in so many different ways.
 3. It helps develop and strengthen coping strategies.
 4. It helps carers and family members feel that they are not alone.
 5. It allows carers and family the space to release some of the frustration that surrounds the terrible trauma of brain injury.
 6. It plays a very important role in helping the family survive through the difficulties they encounter as a result of ABI.
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USEFUL WEBSITES AND RESOURCES

WEBSITES

Galway

www.headwayireland.ie

www.questntdi.com

www.rehabuk.org

www.comhairle.ie

www.oasis.gov.ie

www.epilepsy.ie

Ireland

www.pwdi.ie

www.sirl.ie

www.aware.ie

www.beaumont.ie

www.deveygroup.ie

www.rehabcare.ie

www.welfare.ie

www.hse.ie

UK

www.birt.co.uk

www.rehabuk.org

www.stah.org

US

www.biausa.orgt

RESOURCES PUBLICATIONS/BOOKS

- A Carer's and Family Guide - Coping with Acquired Brain Injury - Headway
- Head Injury 'A Practical Guide' – Trevor Powell
- Confronting Head Injury: devastation, hope & healing - William Winslade
- Cracked: recovering after traumatic brain injury – Lynsey Calderwood
- Stroke Rehabilitation - Janet Carr.
- Stroke Your Questions Answered - Graeme Hankey.
- Emergency Management of Head Trauma - Edward Newton.

Comhairle have a great range of publications including the following;

Entitlements for people with disabilities, Health Services, Training and Employment, Support For Carers, Income Tax Transport.

All available on request.

Galway Head Injury Support Limited/Quest Brain Injury Services:-

Resource Library offers a range of videos/books etc. on Brain Injury Related Topics

WHO CAN I TURN TO NOW?

It is important to remember at this point that you are not alone. Help is available. We at the Galway Head Injury Group are ready and willing to offer you this support/ help.

PLAN FOR HOSPITAL DISCHARGE

- Make contact with the Social Worker/ Discharge Planner at the hospital and liaise around the discharge plan. Ideally, this should be done well in advance of your discharge date.
- Ensure your GP has received a discharge letter outlining the condition and maintenance required. What to look out for? Wound care/ possible complications etc.
- Give your GP a call and inform him/her re your situation and expected discharge date.
- Make contact with the Community Care Services i.e Public Health Nurse, Physiotherapist, Psychologist, Occupational Therapist, Speech Therapist, Dietician and Optometrist (sight problems are common after ABI). Make an appointment to discuss your situation and proposed programme plan/rehabilitation.
- Contact your Pharmacist to ensure they stock the required medication & dietary foods.
- Look out for any changes in symptoms and report to doctor/hospital immediately.
- Contact your area Community Welfare Officer and discuss medical card necessities, entitlements, aids and appliances.
- Contact Social Welfare Office to find out what benefits you are entitled to.
- Contact Galway Head Injury Support Limited.

GALWAY BASED SERVICES

<p>OCCUPATIONAL THERAPIST Tel:091 775 323/091 775 324</p>	<p>Occupational Therapy, Unit 10a Seating Clinic, Merlin Park, Galway. Hours: 9:30a.m. – 1:30p.m.</p>
<p>PUBLIC HEALTH NURSING Tel 091 546 341 Website www.hse.ie</p>	<p>Director of PHN, HSE, Western Area, 25, Newcastle Rd, Galway. Home visits and assess needs/requirements. Provides a referral service. Telephone 091-546 341</p>
<p>PHYSIOTHERAPY SERVICES Tel: 091 546 021 Website www.hse.ie</p>	<p>Physiotherapy Manager, County Clinic, Shantalla, Galway They will visit the patient in their home, assess their needs/requirements and provide them with assistance/advice</p>
<p>REHAB CARE Tel: 091 755 517 Website www.rehabcare.ie</p>	<p>Rehabcare provides a specialist residential Acquired Brain Injury service, as well as day services based in Galway City. This regional development will provide services to people with ABI from the three counties of Galway, Mayo and Roscommon.</p>
<p>IRISH WHEELCHAIR ASSOCIATION Tel:091 771 552 Website www.iwa.ie</p>	<p>The Irish Wheelchair Association provides a 'Personal Assistance' service and a care centre with a range of activities including computers, arts and craft, hydrotherapy, mediation and social outings. Referral through your doctor or Public Health Nurse.</p>
<p>QUEST BRAIN INJURY SERVICES Tel: 091 778 850 Website www.questgalway.ie</p>	<p>Quest provides training and support for people with an acquired brain injury. They facilitate each participant's personal development, community integration, further education/training and vocational opportunities in accordance with their goals. Following referral and assessment a personalised training programme is designed with each participant.</p>
<p>GALWAY BRAIN TUMOUR SUPPORT GROUP Tel: 091 544 089</p>	<p>Meeting at 7:30pm on the second Thursday every month in "Inis Aoibhinn" Cancer Care West Lodge, at the rear of UCHG, near the Shantalla Road Entrance.</p>

SUPPORT GROUPS THROUGHOUT COUNTY GALWAY

<p>GALWAY HEAD INJURY SUPPORT LIMITED Tel: 091 768 168 Website www.galwayheadinjury.com</p>	<p>We provide support, information, LoCall telephone counselling, referral and linkages to specialist services. We also provide group counselling and co-ordinate monthly network meetings for carers. GHISL provide Respite Breaks, both weekends and day-trips. Yoga, IT classes and Cookery classes. E-mail galwayhisg@gmail.com</p>
<p>STROKE SUPPORT GROUP Tel: 090 964 8200 Stroke Nurse Specialist,</p>	<p>Stroke Support Group Galway provides information on issues important to people surviving a stroke. Portiuncula Hospital Ballinasloe, County Galway</p>
<p>BRI Western Region Group Contact: Pam Fleming 091 637 460 (Galway Area)</p>	<p>BRI, the Brain Injury Advocacy Association is a National organisation which in partnership with others, strives to ensure that all people affected by Acquired Brain Injury have the best possible quality of life. BRI engage in advocacy work to achieve change for the benefit of those affected by Acquired Brain Injury. E-mail briassoc@eircom.net</p>
<p>CARING FOR CARERS WEST Tel: 093 25362 Website www.caringforcarers.org</p>	<p>Caring for Carer's is a national non-government organisation supporting family carers. They provide Training, Respite Care Breaks, Information and Advice to Carers' throughout Ireland.</p>
<p>GALWAY CARER'S SERVICES Contact the Co-ordinator Tel: 091 548 334</p>	<p>HSE service, who provide a range of community services for carer's including respite carer's breaks, supports and information on carer's related topics.</p>
<p>BRAINWAVE Ozanam House Galway. Tel: 091 568 180</p>	<p>Brainwave provides Support Information and Education to people with epilepsy, their families and Health Professionals. Website www.epilepsy.ie</p>

DUBLIN BASED SERVICES

<p>HEADWAY Tel: 01 810 2066 Helpline 1890 200 278</p>	<p>Provide centre-based and outreach services, they also provide a National Telephone Helpline. 1 – 3 Manor Street Business Park, Manor Street, Dublin 7.</p>
<p>PETER BRADLEY FOUNDATION Tel: 01 280 4164 www.peterbradleyfoundation.ie</p>	<p>The Peter Bradley Foundation is working to establish ABI specific services in conjunction with other agencies in Dublin and around the country. Contact Dublin Office for information on Galway Region.</p>
<p>NATIONAL REHABILITATION HOSPITAL Tel: 01 235 5000 Website www.nrh.ie Rochestown Avenue, Dun Laoghaire, County Dublin.</p>	<p>The National Rehabilitation Hospital provides an Acute Rehabilitation service for adults and children with Acquired Brain Injury all over the country. There is a liaison Nurse attached to NRH who does follow-up visits to patients after they are discharged.</p>
<p>BEAUMONT HOSPITAL Tel: 01 809 3000 Website www.beaumont.ie</p>	<p>National Neurosurgical Hospital in Ireland. It's a good idea to make contact with the liaison nurse at the hospital. Beaumont Hospital, PO Box 1297, Dublin 9.</p>

INFORMATION CENTRES THROUGHOUT COUNTY GALWAY

GALWAY CITY	St. Augustine Street, Galway. Telephone 091-563 344 Hours; Mon, Tues, Wed and Fri 9:30 a.m. – 5:00 p.m. Thursday 7:00 p.m – 9:00 p.m.
TUAM	Citizen's Information Centre, Social Services Centre, Dublin Road, Tuam. Tel: 093 26161 Hours: Tue, Wed, Fri, 11:00 a.m. – 4:00p.m. Thursday, 11:00 – 2:00p.m.
ROSMUC	Seirbhis Eolais don Phobad, Rosmuc, Telephone 091-574 122 Hours; Mon / Fri 9.30 a.m. - 5.30 p.m. Tues / Thu 3.00 p.m. - 5.00 p.m.
CLIFDEN	C/o Vec. Statoil Apartments, 4/5 Galway Road, Clifden, County Galway. Tel: 095 22000 Mobile 087 130 1100 Hours; Mon 7:00 p.m. – 9:00 p.m. Fri 10:00 a.m. – 12:00 p.m. & 2:00 p.m. – 4:00 p.m.
LOUGHREA	MABS Office, Abbey Street, Loughrea, County Galway. Mobile 087203 5351 Hours: Tues 2:15p.m. – 4:45p.m.
OUGHTERARD	Clan Resource Centre, Main Street, Oughterard, County Galway Mobile 087 203 5351 Hours: 2 nd & 4 th Monday every month 10:30a.m. – 1:00p.m.
GORT	Gort Family Resource Centre, Church Street, Gort, Co. Galway. Hours: 1 st & 3 rd Monday each month 10:00a.m.- 1:00p.m. Tel: 091 630 902

GHISL



Galway Head Injury Support Limited

You can find us in the Quest Ireland Building, 9A
Liosbán Business Park, Tuam Road, Galway

Office hours: 10:00a.m. – 2:00p.m. Mon – Thur &
10:00a.m. – 1:30p.m. Fri

You may avail of our support by contacting us at:

Telephone: 091 768 168

Mobile: 085 725 5608

LoCall 1890-32-31-30 Telephone Counselling

E-mail: galwayhisg@gmail.com

Website: www.galwayheadinjury.com

GHISL cannot accept responsibility for any omissions
or inaccuracies contained herein.