

Seek professional support

If your isolation is causing you to experience negative emotions such as depression or anxiety, talk to your GP. They may be able to refer you to specialist services such as counselling, psychotherapy, cognitive behavioural therapy (CBT) or a neuropsychologist.

You can also contact the Headway helpline on 0808 800 2244 or helpline@headway.org.uk to talk through your feelings and get guidance on further support if you need it.

Above all, remember that things can and do improve

While brain injury can cause many difficult changes in your life, it is important

to remember that things can improve over time and that you will gradually come to adjust to things.

It can help to remember that even if you are feeling isolated now, things can improve over time and you may form friendships and good memories even in your 'new' life with brain injury.

We hope that this information offers some useful tips for coping with isolation after brain injury. Thank you to all of the brain injury survivors who contributed to this article by sharing their experiences of isolation after brain injury.

This article was reproduced from Headway UK website at:
www.headway.org.uk

DATES FOR THE DIARY

BIRTHDAYS

September

Paul Heywood - 26th
Colin Finlanson - 29th
Jan Johnston - 29th

Sunday October 19th, Time TBC
Blundellsand Archery Club taster session
Sunday October 19th, Time TBC
Archery Club taster session
Sports Field at - Spinney Cresc, L23 8TZ

Wednesday 13th November 14:30
Faulty Towers
Liverpool Empire

Friday 19th December
Christmas Lunch £20 a head
See menu on back page



Article for next October's Newsletter to
hwnews@johnmc.co.uk
By Sunday October 19th

NEXT DROP-IN Thursday October 30th

KIT: 10am – 12 every Thursday at
Wetherspoons Waterloo

HEADWAY SEFTON SPONSORS
carpenters group



Carol Hopwood,
Head of Serious and
Catastrophic Injury
cmh@carpentersgroup.co.uk
Phone: 07866 367886

LEAVING HOSPITAL #6 – Jan Johnston

10. Final Considerations.

Carers are vital to Traumatic Brain Injury (TBI) recovery by ensuring safety, emotional well-being, and rehabilitation support. Without them, many survivors would struggle to maintain basic independence. It's vital to recognise their role, and to ensure they receive financial and emotional support.

Alcohol and Drug Dependency Issues

A significant, bidirectional link exists between TBI and substance use.

- Pre-Injury Substance Use: Alcohol intoxication is one of the strongest predictors of TBI, with a substantial proportion of TBIs occurring in individuals under the influence at the time of injury.
- Post-injury substance use: Following a TBI, individuals face an increased risk of developing substance use disorders. Various elements come into play here, including the need for coping mechanisms for dealing with the aftermath of the injury.

Addressing substance misuse is crucial for recovery and rehabilitation. Support is available through healthcare providers and specialised programs to help manage and overcome these challenges.

Mental Health Issues: Aggression and Suicide

TBI can lead to significant mental health challenges:

- Aggression: Some individuals may experience increased irritability or aggression post-injury, affecting relationships and daily life.

- Suicide Risk: The emotional and psychological impact of TBI can elevate the risk of depression and suicidal thoughts.

It's important to get professional mental health support. This helps you deal with challenges. Organisations like The Brain Charity can help. They offer counselling and group therapy. This helps people manage these issues.

www.thebraincharity.org.uk

Carers: Their Role and Support

Carers play an essential role in the recovery and ongoing support of individuals with TBI.

Warning Signs for Carers - Carers must be alert to indicators that they might require further help.

- Physical Signs: Exhaustion, frequent illnesses, or neglecting personal health.
- Emotional Signs: Feelings of overwhelm, irritability, or depression.
- Behavioural Signs: Social withdrawal or loss of interest in activities enjoyed before.

Support Available for Carers

- Respite Care: Provides temporary relief, allowing carers to rest and recharge. Organisations like Headway offer support and information about accessing respite services.
www.headway.org.uk
- Support Groups: Connecting with others through support groups can offer emotional backing and practical advice. Headway facilitates carer support

groups to share experiences and coping strategies. www.headway.org.uk

- Professional Support: Accessing counselling services helps carers manage stress and emotional challenges. The Brain Charity provides counselling and group therapy for carers.

Several resources and strategies assist carers in managing their responsibilities and maintaining their health:

- Assessment Tools: Instruments like the Zarit Burden Interview (ZBI) help measure a carer's burden, assessing physical, emotional, social, and financial strains. (<https://wai.wisc.edu/wp-content/uploads/sites/1129/2021/11/Zarit-Caregiver-Burden-Assessment-Instruments.pdf>)
- Educational Resources: Access to information about TBI and caring strategies can empower carers, reducing anxiety and enhancing care skills.
- Professional Support: Engaging with occupational therapists or counsellors can provide coping strategies and emotional support, mitigating feelings of isolation and stress.

**Sefton Carers
Centre**

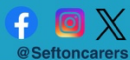
**CARERS
TRUST**

Sefton Carers Centre provides free advice
and support for unpaid carers in Sefton



0151 288 6060

Mon-Fri 9am-4:30pm



@Seftoncarers

Help@carers.sefton.gov.uk

A carer is anyone who cares, unpaid (including those who are in receipt of Carers Allowance), for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot manage without their support

Effects on Family

A TBI affects not only the individual but also their family dynamics:

- Role Changes: Family members may need to adopt new roles and responsibilities, leading to shifts in family dynamics.
- Emotional Impact: Families often experience increased stress, frustration, and grief because of the changes in their loved one's abilities and personality.
- Communication Challenges: Behavioural changes in the individual with TBI can strain relationships, making effective communication essential.

Recognising these challenges and seeking support can significantly improve the well-being of both carers and their families.

Accessing Support Workers

For individuals without access to compensation:

- Local Authorities: Contacting local councils can lead to assessments for support services.
- Charitable organisations: Groups like Headway and The Brain Charity offer help in navigating available support options. www.thebraincharity.org.uk

Benefits of Respite from a Support Worker

- For Carers: Provides time to rest, reducing stress and preventing burnout.
- For individuals with TBI: Offers opportunities to engage with others, promoting independence and social interaction.

The concluding part of Section 10 and the whole series will appear in next month's Headway Sefton Newsletter.



INSIDE NO4

Christmas Lunch

Monday - Friday 12- 4pm

2 course £22

3 course £25

STARTERS

Spiced Parsnip Soup (VG, GF)

A velvety blend of roasted parsnips, topped with parsnip crisp and crispy onions

Chicken Parfait (GF)

Smooth and creamy chicken parfait served with a red onion chutney and crispy focaccia crisps

*Traditional roast turkey
with all the festive trimmings.*

Garlic mushrooms (GFOA, VG)

Served on sourdough with garlic cream & shaved Italian cheese

MAINS

Traditional Turkey (GF)

*With all the festive trimmings.
Salmon with lemon juice & cheese.*

Haddock Fillet (GF)

Pan-seared haddock fillet served with garlic mussels in a creamy sauce with parsley mash

Traditional Nut Roast (VG)

With all the festive trimmings

DESSERTS

Xmas pudding with brandy sauce (GF, VGOA)

Vanilla cheesecake with mulled wine compote

Festive Eaton Mess

with seasonal berries whipped cream and crispy meringue

GFOA - Gluten Free Options Available . GF- Gluten Free.

V - Vegetarian. VG - Vegan

