

## Rehabilitation

Where the effects of brain injury persist or cause problems, a person may be referred to formal rehabilitation services. Rehabilitation aims to help the brain learn alternative ways of working in order to minimise the long-term impact of the brain injury and help the survivor and their family to cope successfully with any remaining disabilities.

## Practical Issues After Brain Injury

A brain injury can lead to a wide range of difficulties in day-to-day life. For many people, a priority may be to seek financial support. This could involve getting legal advice to pursue compensation, applying for welfare benefits, seeking employment advice or applying for a grant from the Headway Emergency Fund.

## Relationships After Brain Injury

For some people, the emotional, behavioural, physical, and cognitive changes of brain injury can have an impact on existing and future relationships. Headway Preston and Chorley can help through our local support for the whole family.

**Contact us for more information**  
**07557 123493**

## How to get in touch:

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**WRITE VISIT** Headway Preston and Chorley  
Sir Tom Finney Way, Preston PR1 6PA

# About Acquired Brain Injury



“Brain injury can happen to anyone at any time and can cause cognitive, behavioural, emotional and physical changes.”

[www.headwayprestonandchorley.org.uk](http://www.headwayprestonandchorley.org.uk)



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the brain injury association  
preston and chorley

**1 million people attend hospital every year with a head injury, a quarter of those sustain damage to their brain.**

## About Brain Injury

An Acquired Brain Injury (Abi) is a term for an injury caused to the brain since birth. There are many possible causes, including a fall, an assault, a road accident, tumour or a stroke.

Some of the most common types of brain injury include:

- Traumatic brain injury (for instance road traffic collisions, falls or assaults)
- Minor head injury and concussion (loss of consciousness of less than 15 minutes)
- Aneurysm (also known as a cerebral aneurysm)
- Brain haemorrhage (also known as a haemorrhagic stroke)
- Brain tumour
- Carbon monoxide poisoning
- Encephalitis
- Hypoxic/anoxic brain injury (caused a reduction or loss of oxygen to the brain)
- Meningitis
- Stroke

## Acquired Brain Injury (Abi) Defined

**A mild head injury** is a brief period of unconsciousness, or just feeling sick and dizzy, may result from a person banging their head getting into the car, walking into the top of a low door way, or slipping over in the street. It is estimated that 75-80% of all head injuries fall into this category.

**A moderate head injury** is defined as loss of consciousness for between 15 minutes and six hours, or a period of post-traumatic amnesia of up to 24 hours. The patient can be kept in hospital overnight for observation, and then discharged if there are no further obvious medical injuries.

Patients with moderate head injury are likely to suffer from a number of residual symptoms.

**Severe head injury** is usually defined as being a condition where the patient has been in an unconscious state for six hours or more, or a post-traumatic amnesia of 24 hours or more. These patients are likely to be hospitalised and receive rehabilitation once the acute phase has passed. Depending on the length of time in coma, these patients tend to have more serious physical deficits.

## Hospital Treatment And Early Recovery After Brain Injury

The time immediately after the injury is bound to be full of worry and uncertainty for everyone concerned. We provide a hospital service for patients and families going through this very uncertain time.

There is also information on different stages of recovery, from the time in the hospital and early rehabilitation through to discharge from the Headway UK information library and these can be posted out to you to read.

Families may be able to access a grant to help with the unexpected costs of brain injury by applying to our Emergency Fund.

## The Effects Of A Brain Injury

The effects on an individual depends the type, location and severity of injury. Symptoms can be wide-ranging, from physical effects such as balance problems, headaches and dizziness to cognitive, emotional and behavioural effects such as memory problems, fatigue and anger. You can talk to us about any of these problems and attend our community sessions designed to:

- Aid rehabilitation
- Relearn skills
- Improve mood
- Meet others affected by ABI