

Acquired brain injury



You can get this leaflet in large print, in Braille or on audio tape by phoning us on 01307 474151. We can provide this information in other languages if you need it.

Call ACCESS Angus 08452 777 778 - your direct line for council services.

R Peat
Director of Social Work and Health

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SOCIAL WORK and HEALTH

Where do I go for advice in Angus?

If you have had an acquired brain injury, or know someone who has, you may find this leaflet helpful.

Remember:

- acquired brain injury can happen to anyone; and
- every acquired brain injury is different.

What is acquired brain injury?

Acquired brain injury means physical damage to the brain which happens at some time during childhood or adult life. The after-effects depend on which area of the brain is affected and the extent of the damage. Following brain injury, people may have a wide range of disabilities. These can affect a person's ability to cope with many aspects of everyday life such as employment, independent living and personal relationships.

What can you expect now?

Remember, every acquired brain injury is different, but there are some similar symptoms which you may experience for a few days, weeks, months or even years after your injury. You may hear professionals refer to your symptoms as physical, cognitive and emotional.

What do they mean?

Physical effects may include:

- problems of strength and power of your muscles;

- problems of controlling your movements;
- problems with balance; and
- sensory problems including sight, taste, hearing and smell.

Cognitive effects may include:

- problems with your memory such as forgetfulness;
- not being able to think fast;
- difficulty keeping track of more than one thing; and
- difficulty making decisions.

Emotional effects may include:

- being less tolerant;
- being bad-tempered;
- apathy, for example, loss of interest in anything; and
- feeling low.

Remember, every person recovers at their own pace and the circumstances vary greatly for each person and their family.

Services in Angus

There is a range of services available throughout Angus which can provide information and support to people with brain injury, their carers and families. The Acquired Brain Injury Worker within Social Work, and the Disabilities Team (in partnership with other

agencies and organisations) aim to help people and their families continue their rehabilitation and cope with the long-term effects of brain injury.

For specialist advice, information and support contact:

The Acquired Brain Injury Worker
The Disabilities Team
Social Work
Lunan Park Resource Centre
Friockheim
By Arbroath
DD11 4SZ.

Phone: 01241 826903

E-mail: SOCLUNPRKABI@angus.gov.uk

Headway Tayside

Headway Tayside is a registered charity (Scottish charity number: SC008890) which provides a range of information, advice and support for people with brain injury and their carers, including social evenings, befrienders and a drop-in centre.

For information contact:

The Administrator
Headway Tayside
Royal Victoria Hospital
Jedburgh Road
Dundee
DD2 1SP.

Phone: 01382 423176