

Family Support



Support

It is important to talk about the problems of caring, stressful situations, amusing aspects and relationship difficulties with someone who is a good listener.

Headway rebuilding lives coordinates a Family Support Group which caters for family members of people with an ABI.

The group provides the following benefits:

- **Regular meetings**
- **Peer support**
- **Guest Speakers**
- **Carers Information Sessions / Courses;**
- **Mentor Program**
- **Navigate the Service System**
- **Meet with others who have walked in your shoes.**

Talking with a friend can be valuable, as can be talking with a case manager, counsellor, local doctor, psychologist or social worker.

Headway rebuilding lives

One of the most distressing effects of acquired brain injury (ABI) involves the family coping with the significant personality and behaviour changes and carer related issues which may arise.

We know that dealing with acquired brain injury is not easy. It is not easy for the person affected nor is it easy for those people around them.

We provide information to those people involved with the care and support of individuals with acquired brain injury

Undoubtedly, caring takes its toll on all involved - the carer, the family, siblings and the person with ABI. Often while caring for others, one's own needs take second (or third) place and may even be totally neglected.

It is impossible to care adequately for someone with ABI unless time and energy is invested in caring for yourself first. There are two important aspects to looking after yourself:

Time Out

Time to yourself needs to be high on the priority list. Recruit friends, other family members and community services to allow time for yourself. It is important that you have time to relax, pursue interests, socialise and take a holiday regularly.

Feel free to give us a call and we'll help answer your questions and provide a listening ear. We can assist you to navigate the service system and facilitate access to a range of services and support within the community.

We can assist you with respite care, referrals, rehabilitation, social reintegration and carer support