

Pack Guide

This pack has been written and designed to provide information and signposting for the families and carers of people diagnosed with an Acquired Brain Injury (ABI). The pack contains information about ABI and outlines the support available from Headway West Sussex (HWS) as well as other organisations that may be of use to you.

We have divided the pack into sections to make it easier to follow and access as you need to.

INFORMATION

This section contains information that will help you understand the possible effects of ABI. It also has information about Headway West Sussex Services.

- Factsheets from Headway UK.
- Headway West Sussex Support Groups with all relevant contact information.
- Information about our Counselling Service
- Information about our Support & Information Service

BENEFITS

Following an ABI you may be entitled to benefits which could be in the form of tax credits, disability or carers allowance. Here we have provided the information that will help you find the organisations to assist you should you need further help.

LEGAL ISSUES

It may be that you or your family member has suffered an accident where there are issues of compensation, liability or other claims to be dealt with. Whilst HWS cannot offer you legal advice, in this section, we have provided information that will signpost you to the most appropriate sources of information and advice.

CARERS INFORMATION

HWS recognise that being a carer can often be difficult and comes in many forms, so in this section you will find information about the role of a carer, details about organisations that can offer support, signposting and information. We try to make sure the details are relevant to your local area, but a call to the organisations contact number should direct you appropriately.

- We have included a free copy of the Headway UK Booklet "Caring for Someone with a Brain Injury" by Richard Morris in the pack.



Headway West Sussex is affiliated to Headway UK The Brain Injury Association
Helpline: 0808 800 2244

Headway West Sussex www.headwaywestsussex.org.uk

SIGNPOSTING

We are aware that everyone's needs are different and there may be other services that you require. For that reason, in this section, we have provided a cross-section of contact details for organisations both local and nationwide which you may find useful.

ADDITIONAL RESOURCES

Further reading and publications

Also in the pack:

- Wallet card with contact details for the Headway UK nurse-led, freephone helpline.
- Smart Card should you ever get into difficulties.
- We may have included some additional information that is pertinent to your situation.

A diary/notebook for your own use to:

- Keep a daily record of your progress to take to clinic.
- Write down any questions you want to ask your clinician.
- Write down their answers as well (if you are not able to do this, or have a memory problem, consider taking someone with you)
- Inside will find NHS guidance on questions to ask when seeing a healthcare professional.

Each year 4500 people in West Sussex suffer an ABI



“Coming to Headway has improved my life 100%”



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