



Acquired Brain Injury Ireland to hold Carers Awareness & Education Training Programme in Castlebar

6th October 2009: Acquired Brain Injury Ireland (ABI Ireland) is calling on those caring for and supporting people with an acquired brain injury (ABI) to attend an awareness and education training programme which will be held in **Castlebar, Co Mayo**. The training programme will run during November and December 2009 and attendance is free. Numbers are limited so those interested in attending should register their interest with ABI Ireland early to avoid disappointment.

In a supportive environment, attendees can develop their skills and knowledge in order to help them to care for someone with an ABI. The programme will provide information on ABI and the affects of brain injury on a person's emotions, behaviour, communication, attention and memory. It will also provide an overview of how ABI can affect the family environment.

An initial briefing session will be held on **20th October 2009** from **10.00am until 12.00pm** in the **TF Royal Hotel, Old Westport Road, Castlebar, Co. Mayo**. This informal session will provide carers an opportunity to find out more about the programme before deciding whether to attend.

If you would like further information on this briefing session or the programme, please contact: Imelda Walsh, at Acquired Brain Injury Ireland on (091) 700 210 or iwalsh@abiireland.ie or Una Kinane at (01) 2804 164 ext.207 or ukinane@abiireland.ie.

Barbara O'Connell, CEO of Acquired Brain Injury Ireland said, "Caring for someone with an acquired brain injury is a major challenge for any family. Consequences of brain injuries can range from quite subtle to very significant personality and behavioural changes and as a result, relationships with families and friends can be put under strain. Increased dependency of people with ABI can lead to demands for constant attention from caregivers. With little support services currently available for carers, they may often find themselves very isolated and develop stress-related symptoms such as anxiety and depression."

She continues, "The Acquired Brain Injury Ireland training programme will provide a supportive environment where carers can come together to share information and learn from each other's experiences and knowledge. It will give carers the skills they need to cope with their situation and to provide the best care possible to the person with ABI."

The Acquired Brain Injury Ireland Awareness and Education training programme is funded by The Department of Social and Family Affairs and managed by Pobal under the Dormant Accounts Fund.

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About ABI Ireland

Established in 2000, Acquired Brain Injury Ireland (formerly the Peter Bradley Foundation) was set up to provide a range of pioneering, flexible and tailor-made services to people with Acquired Brain Injury (ABI). The services provided by the organisation place a critical emphasis on client-centeredness, quality, effectiveness and value for money. Rehabilitation and clinical support are key aspects to the service.

Approximately 10,000 people suffer from a head injury in Ireland each year and face a dramatically altered life thereafter. People with ABI progress at different rates, and may need to access services at different points in time as their needs change. Within each stage of rehabilitation a range of different service providers is involved, which must be coordinated. Once back in the community the emphasis is on more extended activities of daily living, integration, and return to work or education. Interventions focus on enhanced participation, improved quality of life, psychological adjustment and carer stress. Acquired Brain Injury Ireland is filling a vital service gap, in collaboration with statutory bodies.