



ACQUIRED  
BRAIN INJURY  
IRELAND



## On With Life

Supports for Parents/Carers of Children  
with an Acquired Brain Injury

- Peer to Peer Support
- Practical Coping Strategies
- Mind Body Health



RTÉ  
**ToyShow  
Appeal**



 **The Community  
Foundation for Ireland**



## WHAT IS AN ACQUIRED BRAIN INJURY?



An Acquired Brain Injury (ABI) is an injury that has occurred after birth, in childhood or adulthood.

The 'acquired' part means simply that the child wasn't born with their injury – it is the result of an accident or illness that has happened later.

Acquired Brain Injury may be the result of:

- **Traumatic brain injury (TBI)** – the result of an impact to the head. Examples might be a car accident or a fall.
- **Non-traumatic brain injury** – this is often as a result of something which happens inside your brain. Examples might be a bleed, a stroke or a brain tumour.

Each child is as unique in the way they respond to a brain injury as they are in every other aspect of their lives. And just as every brain is different, the way each brain is affected by an injury is different.



## WHO DO WE SUPPORT?



- Parents/Carers
- Siblings
- Relatives
- Professionals working with children or young people with an Acquired Brain Injury.

## WHY DO PEOPLE NEED SUPPORT?



A brain injury is sudden, devastating, life-changing, and terrifying for both a child and their parent. Acquired Brain Injury affects the entire family – the injured child, parents, brothers and sisters, grandparents and other relatives.

Our On With Life Support Groups for Parents/Carers of Children with an Acquired Brain Injury give family members an opportunity to share information, experiences and support each other in a safe non-judgemental environment.

We take a proactive approach to reduce:

- Stress
- Anxiety
- Caregiver burden for Parents/Carers caring for their child/young person with an Acquired Brain Injury.

## WE'RE HERE FOR YOU

At Acquired Brain Injury Ireland we offer a person-centred approach, whereby the needs of the child and the parents/carers are paramount. We have learned how to support people to carry on in this challenging role and how to continue navigating through this change in their lives.

## HOW DO WE PROVIDE SUPPORT?



### **Information for Parents/Carers and siblings**

We will provide:

- Advice on Keeping yourself healthy physically and emotionally
- Offer tips and strategies
- Highlight useful resources for dealing with identified concerns.

### **Support Groups for Parents/Carers**

Our brain injury support network will give you an opportunity to share the reality of living with a child/young person with an Acquired Brain Injury in the family, in a confidential, safe place.

### **Education and Training for Parents/Carers**

We aim to cover a range of topics to educate and support Parents/Carers as they cope with the challenges of an Acquired Brain Injury and we will develop a cohort of expert advice and educators to help us on this journey.

### **Information and Training workshops for Professionals**

We will co-ordinate and provide training workshops to help educate staff in education, health and social care so they can provide the best supports possible to your child/young person.

## WHO CAN COME ALONG?



Our vision is to establish National online groups and Education offerings, thanks to funding approved by The Late Late Toy show and The Community Foundation of Ireland.

By joining our On With Life support group network this may be your first introduction to Acquired Brain Injury Ireland. You are all welcome.

## THE RIPPLE EFFECT ... WE UNDERSTAND

**Acquired Brain Injury affects the entire family – the injured child, parents, brothers and sisters, grandparents and other relatives.**

Parents whose children have an Acquired Brain Injury experience a range of emotions. Coming to terms with these new circumstances places great strain on parents – but we are here to support and guide you on this journey.



## ABOUT OUR ORGANISATION:



Acquired Brain Injury Ireland is the country's leading provider of community rehabilitation for those with an Acquired Brain Injury. We recognise the need for a service to be offered to Parents/Carers of children living with an Acquired Brain Injury up to age of 18.



## FOR MORE INFORMATION, PLEASE CONTACT:



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