

At the end of the assessment, you will have a good idea of what you're able to do and how you can use those skills in education, training or at work. The therapist will help you develop a plan. This plan will include goals and strategies for managing your life every day and developing your skills.

Who can take part in Step Ahead Plus?

- Do you have a primary diagnosis (this means the main health condition you have) of acquired brain injury?
- Are you medically stable? (This means you are not having medical treatment now.)
- Do you want to have your skills and abilities assessed to help you return to work, training or education?

If you meet these three conditions, Step Ahead Plus may suit you.

If you do not meet these conditions, Step Ahead Plus might not be the right service for you.

If you do not meet these conditions but you are still interested in Step Ahead Plus, please contact us to discuss your situation.

Is there a waiting list?

- There is a lot of demand for Step Ahead Plus. Some people may be offered the service before other people. There are two reasons for this.
- You are at risk of leaving your job or education.
 - You have a job or place of education to return to.

If you do not meet these conditions, you may have to wait longer for a place on Step Ahead Plus.

Can I refer myself to Step Ahead Plus?

Yes, you can refer yourself to Step Ahead Plus – if you have an acquired brain injury. When you apply, you will need to include a document that confirms you have an acquired brain injury. Examples are a medical report or a discharge letter.

Is Step Ahead Plus suitable for people with other brain conditions?

- No. Step Ahead Plus is not suitable for you if you have any of these conditions.
- A degenerative condition such as Huntington's disease or Parkinson's disease.
 - A progressive organic disorder such as Alzheimer's disease.
 - An alcohol-related brain injury.



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Step Ahead Plus Referrals & Contact Details

Acquired Brain Injury Ireland
Step Ahead Plus Vocational Assessment and Rehabilitation Service

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Acquired Brain Injury Ireland is an internationally recognised and accredited provider of community based neuro-rehabilitation services for people affected by brain injury.



ACQUIRED
BRAIN INJURY
IRELAND

STEP AHEAD
PLUS

Service for People with
Acquired Brain Injury >>



What does Acquired Brain Injury Ireland do?

At **Acquired Brain Injury Ireland**, we help people rebuild their lives after a brain injury. We empower people to live to their full potential. That's what we do.

Our services are available to people with brain injuries who are between 18 and 65 years old.

We provide services in the community and online.



What is Step Ahead Plus?

- **Step Ahead Plus** is our national, free vocational assessment service. It is for adults with an acquired brain injury (ABI) who want to return to work, training or education.
- A brain injury can affect your ability to work or study. Step Ahead Plus will help identify changes you can make in how you work or study. These changes can help you improve your quality of life, remain in work or education or find new opportunities.
- After an assessment, we also provide essential information and education about brain injury to your employers, tutors and trainers.

What are the benefits of Step Ahead Plus?

- A skills and abilities assessment for work and education to identify strengths and challenges.
- Feedback, recommendations and supportive strategies.
- Goal setting and a personal plan.
- Support for the employee, employer, student, tutor and trainer in creating a sustainable work or education environment.

What is an acquired brain injury?

- An acquired brain injury (ABI) is a brain injury that happens after birth, in childhood or in adulthood.
- As many as 19,000 brain injuries happen in Ireland every year. That's 52 people every day – people of all ages.
- Many things can cause brain injury, including stroke, road traffic accidents, falls, assaults, and brain tumours.



What happens in a Step Ahead Plus Vocational Assessment?

There are three parts to Step Ahead Plus.

INTERVIEW

A senior occupational therapist has a video call with you to discuss your primary strengths and challenges. They may also carry out cognitive assessments or questionnaires with you.

ASSESSMENT

An assessment is in person and takes place in an Acquired Brain Injury Ireland centre. There are centres in Dublin and Cork.

During an assessment, you will do practical tasks called work samples. These help identify your strengths and the challenges you may face returning to work or education.

At the end of the assessment, we may make strategies and recommendations to help you. We may also recommend a rehabilitation programme.

REHABILITATION

Rehabilitation is available in groups or one-to-one. This is done over the phone or by video call.

The therapist assesses work skills, knowledge and experience. They also consider everything that's happening in your life and how this affects you every day.