

MAKING HEADWAY

Bringing **positive change** in the lives of those affected by Acquired Brain Injury



Making Headway is published by

HEADWAY

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Welcome to the Autumn Edition of Making Headway

Front Cover picture:
Martin Lennon and David Keane with the Headway Banner in the Himalayas.
Photo: David T Keane

Welcome to the autumn 2011 edition of Making Headway. This edition's cover features an amazing photograph given to us by brain injury survivor, Martin Lennon. His trip to the Himalayas has been life-changing experience and you can read about it on Page 6. We are also delighted to feature an article on services provided by Acquired Brain Injury Ireland, (Page 8) an inspiring story of rehabilitation (Page 3) and a feature describing an exciting new Headway Service in Dublin, the Community Reintegration service (Page 4). I do hope you enjoy reading, and as always if you would like to submit a story, I would be delighted to hear from you at stablesr@headway.ie

Richard Stables
Editor, Making Headway

A Message from the Chief Executive The Neuro-Rehabilitation Strategy?



In June of this year, the government promised that the joint HSE/Department of Health Neuro-Rehabilitation Strategy would be published "in the third quarter" of this year. But what exactly will it contain? We thought it timely to set out our hopes for what the strategy might deliver to people affected by brain injury.

We know that both the government and the HSE acknowledge that the needs of people with neurological conditions, including brain injury, are "individualised and varied".

The challenge of creating and delivering "joined-up" services is a substantial and complex one, particularly in the current climate. It might be easy, when faced with a task of such overwhelming complexity, to resort to vague aspirations and generalisations. Our first hope is that the strategy addresses this challenge by providing clear guidance through well-defined actions, timelines and funding implications.

We hope that it recognises that the needs of people with brain injury are often lifelong, not just limited to a stay in hospital or inpatient rehabilitation.

We hope that it seeks to put the injured person and their family at the centre of service provision, to provide support during critical stages of the journey.

We hope that it acknowledges the crucial role that community rehabilitation services such as Headway play in someone's recovery and rehabilitation. Organisations like ours are very much part of the solution in looking for effective ways to deliver meaningful improvements in services.

Finally, we hope that the funding that is available to brain injury services is protected, at the very least. Even at the height of the Celtic Tiger the HSE acknowledged that services to people with acquired brain injury were inadequate and since the start of the economic crisis, funding for existing fragile services has already been cut.

How well the strategy can address these hopes remains to be seen. When it is published we will all get a chance to assess its implications. Meanwhile our work at Headway goes on and we remain committed to delivering positive change in the lives of people affected by acquired brain injury.

Kieran



One of the series: "Living with Brain Injury – Images for Awareness" produced by the Harbour Support Group and available from the Headway website at www.headway.ie



Telling Tales: Joan's Story

"Before 2005, I was a happy-go-lucky person with no worries, working as a Care Assistant in a nursing home. I loved my job, it was my life and I had great friends there. I got on well with patients and staff the same. I was a normal Mother to 3 great children."

Then in 2005, everything went wrong. I was getting ready to leave home for work one morning when I collapsed in the kitchen. I don't remember anything more than that. After my return home from hospital, I was a different person. My outlook had completely changed. My job was gone and my friends all seemed to drift away. I suppose they all got on with their lives. I was sitting in the house wondering why God didn't take me and why I had been left like this. During my time in the National Rehabilitation Hospital (NRH) it was discovered that I had dyspraxia, which affected my coordination. I couldn't even sweep the floor and I found it hard to get dressed. It is worse when you don't know what it wrong with you. Dyspraxia can also be embarrassing if people don't understand. Once I knew what it was, I learnt how to practice my movements more slowly and it has improved a lot since then.

While I was in the NRH, I found out about ABI Ireland. I went for an assessment there and was assigned a Personal Assistant (PA). At the time I didn't even want to leave the house, and the PA helped me with this. Slowly, I started to leave the house and go for walks, which I hadn't done for a long time. The ABI Ireland staff started looking for services for me that would help me to socialise more and help to build my confidence. My family all thought I was fine because I was walking and talking but I knew I needed more help. This is the hardest part of brain injury – because you look okay people think you are doing fine.

I went for an assessment in Headway and from there I then started a 2 year Rehabilitative Training course in the Headway centre in Clondalkin. Up to then I felt that nobody understood me, that I was an outcast. I went to Headway and I felt I was home. People understood me and understood each other. I can't describe it. I actually found a place for me. From being stuck in the house 24/7, I was now getting buses every day to Clondalkin. In Headway I did sessions in Brain Injury Awareness, Personal Development and Preparation for Work – these all helped to build my confidence, which had been on

the floor. It helped me to understand my injury and that I wasn't on my own.

I also worked closely with Samantha, the Community Re-integration Officer in Clondalkin, who works with people on a one to one basis to help them find opportunities in their own area. Between Samantha and the other staff, they wouldn't let me sit around feeling sorry for myself. I was encouraged to do anything I was capable of and I was given the belief in myself to go even further than that.

Through Headway I started volunteering in the Hospice, which made me realise that Care Work wasn't for me anymore. I always believed this was all I could do because it was what I had done in the past but by this time I knew there were more possibilities out there for me. I am interested now in computers and have recently signed up for some FAS courses which I would never have had the courage to do before. Through Headway I also got a place in a local support group for family members of people with addiction problems. This group has been a godsend for me. I am also a member of BRÍ and have received great support from them.

I finished my Rehabilitative Training in Headway in August 2010 and Samantha continued to see me on a one to one basis for a few months after this, which gave me enough support and encouragement to carry on. My week is now quite busy between attending support groups and courses and I could not have done this without building up my confidence the way I did in Headway.

Headway has given me back my life – as it is, not as it was. This is a huge acceptance that takes a long time to come around to. Headway helped me to do this. If I knew of anyone with a brain injury who did not know of Headway, I would encourage them to give Headway a ring so that they can be helped that way I was helped."

Dyspraxia can also be embarrassing if people don't understand...



Making the Most out of Community Living

By Elisa O'Donovan

What does living in a community entail? Elisa O'Donovan describes the new Community Reintegration Service in Dublin and looks at the many ways that people can become more active where they live.

What does living in a community entail? Elisa O'Donovan describes the new Community Reintegration Service in Dublin and looks at the many ways that people can become more active where they live.

Q: After your brain injury:

- Do you want to meet new people?
- Are you having difficulties at work?
- Are you bored at home?
- Would you like to get active?

Hi, my name is Elisa O'Donovan and I am Headway's Community Reintegration Officer for Dublin. My role is to assist our clients to partake in vocational, social and recreational activities in their communities.

Community Reintegration is an extremely important part of rehabilitation after a brain injury. When you are actively involved, included and respected in community life it can really increase your confidence and feelings of self worth. Research consistently shows that people who regularly engage in activities after brain injury have a greater level of psychological and physical well being. As Sarah Clarke, Clinical Psychologist with Headway says:

"After sustaining a head injury, people's worlds can shrink, as they may be unable to work, socialise or engage in hobbies to the same extent as before their injury. This restriction in daily activities can lead to feelings of isolation, reduced confidence and a sense of hopelessness. Getting support with reintegrating in the community helps clients to broaden their lives again."

In the Community Reintegration service, we encourage people to get involved in a whole variety of community activities, from employment to voluntary work to education. Here is just a taste of the services we can offer you...

Supported Employment

As part of my role, I work with a whole array of Irish and international companies in assisting people with brain injuries back into work.

Getting back to work can often be a daunting experience, but support is there at every step of the way. I regularly meet with Human Resource, Occupational Therapy and managerial departments to help them support staff members who have an Acquired Brain Injury (ABI). With Headway's assistance, the company can put in place specific requirements their staff members may need.

For example, I recently worked with a client who felt he couldn't retain his work in a major company due to his fatigue, and the substantial impact it was having on his work. I worked closely with his employer who was able to adjust his hours of work and workload to suit his new cycles of energy and fatigue.

Employers are very understanding of staff members who have disabilities and are usually happy to adjust their workplace to accommodate their staff (as well as being legally obliged to go to reasonable lengths to do so).



Many of my clients feel that they cannot, for a variety of reasons, return to their previous jobs. I help them look at all the options available. Some use the change in career as an opportunity to pursue their long-held interests and passions. We recently made links with local enterprise boards for a client who wanted to achieve

his dream of setting up his own glass making business, 'Etching Memories'. Look out for it; it's going to be huge!

Some people decide to go into further training and work experience is also an excellent option for those who feel they are not quite ready to go back to paid employment. For example, I have a client on a mentored work placement programme with ESB, through AHEAD (the Association for Higher Education Access and Disability). I also have clients starting work experience programmes in the catering industry with the National Learning Network.

But it's not all about work. Pursuing enjoyable social and leisure activities is just as important.

Image by Nooku (<http://www.flickr.com/photos/nooku/>), on Flickr

Volunteering

Volunteering is a great way to become involved in the community. It helps in gaining work experience, making community contacts as well as new friends, all the while supporting a cause you feel passionate about. I will work with clients in sourcing placements that they will enjoy.

We have Headway clients volunteering in all aspects of Irish life, from animal shelters to book keeping for local sporting organisations. So next time you are picking up a bargain in your local charity shop, it is quite possible that it's a Headway client behind the till!

Feedback from various volunteer agencies is that Headway volunteers are always the most committed and generous with their time. One Headway client, who is working in Mrs. Quinn's Charity shop in South Dublin, says

"I love the feeling of having something to get up for every Monday morning. The girls in the shop are great, and I have a real laugh with them. It has given me structure to my week, and while sometimes I find it tiring, I know it is important for my emotional well being to be active during the day. I didn't have the confidence to try volunteering by myself, so it was great having Elisa to set it up for me. The NCBI is also a charity really close to my heart, so it feels great to finally give something back to them by volunteering."

Learning and Education

A great way to slowly get back into a routine after a brain injury is by doing a course. There's something for everyone in the world of education. Many want to upskill and get qualifications for their CVs, while others just want a fun course in an area they are interested in. This September, we have Headway members attending community colleges all throughout Leinster, taking courses in art, gardening, photography, German and Golf to name a few.

I work closely with AHEAD and DARE (Disability Access Route to Education) to make access to education a possibility for everyone regardless of their disability. I can speak to teachers and lecturers on a client's behalf to make sure their needs are met by providing extra learning resources. It can make a big difference to someone with a vision impairment post ABI to have computer screen reading technology, for example, or for those with information processing difficulties to be given clear, defined handouts.

Travel Training

Another important part of the work I do is helping people access transport. Through our travel training, we provide individual support to help our clients in travelling safely and independently in their local

area. Some people find that they are no longer able to drive, and have never accessed public transport before. Others use the travel training service when they are having difficulties navigating to places they regularly attend. I will help with route planning, as well as accompanying our clients on the journey until they feel confident to do it independently.

In addition to travel, we can also help with mobile phone training, and other gadgets that enhance your community living.

Information and Awareness

Since the Community reintegration service is all about enhancing access to the community it is vital that our clients are aware of all the supports and benefits that are available to them. Many people can feel shy or wary of seeking out state supports, but it is important to make use and be aware of all your entitlements. Sometimes the applications can seem overwhelming, so I also assist with filling out disability and mobility allowance forms, disabled parking permits etc.

Creating awareness of brain injury in the community is also something we strive to do in the service. It can be a real struggle returning to work, or returning to a social activity when people do not understand or appreciate the impact of living with a brain injury. We provide information, as well as educating all the family, friends, businesses and organisation that we work with, to try and raise awareness of the effects of brain injuries.

Finally...The Community Reintegration Officer (that's me!) is first and foremost here to help YOU! Every individual that uses our services is unique, with varied interests and talents. Our service is completely client centred, and is tailored to suit the needs and skills of each individual we work with. If you feel that you can benefit from the service in any way then please don't hesitate in contacting me or one of my colleagues. I'm looking forward to hearing from you!

For more information about the Headway Community Reintegration Service, go to www.headway.ie/services



Kieron Spratt at his volunteer placement in the pet therapy section of St. Josephs Centre for the Visually Impaired

To The Top of the World



Earlier this summer, intrepid trekker and Brain Injury survivor Martin Lennon undertook the journey of a lifetime to the Himalayas. Taking a Headway banner with him to promote brain injury awareness, Martin returned with some amazing photographs and a backpack full of useful experience. Headway's Richard Stables caught up with him on Facebook.

Headway Ireland (HI) : Martin, where did the idea of going to the Himalayas come from?

Martin Lennon (ML): One of my best friends is a mountain climber, he has done Mont Blanc twice and a few others and had the idea that Everest base camp was possible. Normally, when he goes away, I always see him off but this time I decided as it was not a hard climb, more a trek, I would be up for it.

I also had had some very hard trouble with sleeplessness after the accident – I would be in bed hours and not finding sleep so I decided that this might help. I mean surely I would find sleep if I had been walking across mountains and glaciers all day?

And it did work, I sleep like a baby now!

HI : You had a brain injury yourself, did you see this as part of your recovery?

ML : Oh yes, I needed to find myself as the person that came out of that accident was different, in some ways better (smarter, knows about risks now) but just I would have so much floating around my head, I needed to turn it off...

...I mean self analyzing is good, but not when its non-stop

HI : Absolutely, I see what you mean. Did it work in that were you able to switch off when you were out there?

ML: Yes, very fast, After two days in Kathmandu exploring, seeing the people in Nepal and their way of life, beliefs and values it gave me another angle to look at what had happened.

The universe only gives us good things - You just have to look hard to find what the good thing is. So

I looked and looked hard and realized that my ABI probably saved me from something worse. I got to walk away from my accident but if I had continued my old way of life I might not have been able to walk away from what I was doing to myself.

After we flew to Lukla and began the trek I had hours to think, to be inside my head. Visually, you are seeing the most amazing part of the world (The Himalayas) and it just triggers great thoughts, ideas, solutions, reasons...

HI: Would you say that you've changed as a consequence of the trip? You sound at peace with yourself.

ML: Yes very much, I found a lot of self peace over there. When you are walking for hours you have a lot of time to think. And I think visually what you are seeing triggers good thoughts. I have come home with a new way to be. I might have been thinking this way before but didn't act on it. Now I am that way in everything.

ML: It has helped with my relationships both with my family and friends. When I first came out of the accident I could be very argumentative, let's say.

Sure, I came home to unemployment, as I had to leave my job to go for a month to the Himalayas. But yes you can keep that positivity, and if you react to something positive, or even if you react positively to something bad, positivity will come out of it.

HI: What advice would you have to anyone embarking on recovery from ABI?

ML: I am staying positive about everything these days, and it is helping.

Stay positive, think positive and surround yourself



with positive energy. Have your friends and family be positive too as it does spread and grow. The way I see things now, if they are bad – well - they have been worse, so this ain't too bad. I can and will get through

this. The way I see it, I was pretty much written off, I had the last rites done over me and my family were told to say goodbye. But I came out of that so no matter what is happening now – remember that you've been worse.

After I got back I was invited to a lunch with the Nepal - Ireland society to talk about what I found there. I brought my son and got to give a little talk (and introduce him) to the Nepalese Ambassador, Indian Ambassador, Lord Mayor of Dublin and Lord Mayor of Fingal! So this trip is still making my life very positive.

HI: That sounds like good advice for all of us. Thanks!

Beach Frolics

Earlier this summer, service users from the Headway Cork Art group traveled back in time to Garryvoe Beach in the 1930s for a jolly seaside portrait as part of their calendar project - sunshine optional as always!

The members of the Headway Cork Art Group at Garryvoe



Summer Cycle Madness

It's been a pedal-crazy summer for our supporters this year. In July, Matthew Finch cycled all the way from Nenagh to the Mediterranean to raise awareness for brain injury. More recently, the Equinox Cycle ride took place from Howth to Galway in a day raising much needed funds for both Headway and Temple St. Hospital. And to complete the set, Headway Limerick supporter John O'Meara cycled from Bordeaux to Barcelona, raising funds in the process. Phew!



The Start of the Equinox Cycle Ride from Howth to Galway



Ronan O'Neill (R) who organized the Howth to Galway cycle ride



Matthew Finch rests on his way from Nenagh to the Med

ABI Ireland's Community Based Neuro-Rehabilitation Services



Acquired Brain Injury Ireland

Maximising Ability, Changing Lives

The mission of Acquired Brain Injury Ireland (formerly the Peter Bradley Foundation) is "To enable people with ABI to live an independent life in the community, by providing and maintaining a supportive living environment." Donnchadh Whelan, Regional Manager, East/North East Region tells us about the organisation and its services.

Acquired Brain Injury Ireland has been providing community based Neuro-rehabilitation services to individuals with ABI, and their families, for over ten years. Our organisation was initially set up in 2000, by our Chief Executive Barbara O'Connell, with support from family and friends, to meet the needs of Barbara's brother Peter Bradley. Peter had suffered two major head injuries and was living in the locked ward of a nursing home, as ABI-specific residential services just did not exist at that time. The provision of quality driven person-centered services has always been important to ABI Ireland. In 2003 we became the first organisation, in the Republic of Ireland, to receive the internationally recognised CARF accreditation (Committee for Accreditation of Rehabilitation Facilities). We retained and built on this achievement in 2006 and again in 2009 and are currently preparing for our 2012 CARF survey.

Meeting Individual Needs: Individual Rehabilitation Plans (IRPs) are designed with every individual who accesses our services. Plans are based on the person's own priorities and serve to maximise ability, promote improved quality of life and help to regain independence. IRPs are designed in consultation with the individual, his/her primary carer or family member and the clinical rehabilitation team. Individual and Key Worker support is provided by our ABI Rehabilitation Assistants (RA's).

ABI Ireland's Current Services

Residential Rehabilitation Services: Since opening our first service, in 2001, our services have expanded significantly and we now have 15 residential rehabilitation services nationally, of which seven are in the East/North East region.

Our Neuro-rehabilitation services provide individualised community-based supports which are designed to maximise the quality of life, while also fostering the individual's autonomy, personal growth and development. In June this year we opened our first ABI residential rehabilitation service in the North East, at Lisrath near Drogheda in Co. Louth.

Transitional Residential Rehabilitation service: Officially opened in 2010, in Sligo and delivered in partnership with the HSE the aim of this service is to allow the team to assess the independent living potential of the individual with an ABI. It also assesses the level of support required either to move to their own home, or move back with their family. The service incorporates a respite option as well as community based rehabilitation.

Home & Community Rehabilitation: We have 14 Home & Community services across the country which assess rehabilitative progress in the home and/or work environment. After sustaining an ABI the individual may have been discharged from the National Rehabilitation Hospital (NRH) or acute hospital services, and referred to ABI Ireland by another service provider such as Headway, Cheshire or Enable Ireland.

Day Resource Centre: Side by Side is an ABI specific Day Resource service is located within ABI Ireland's East /North East Region. The service is based on the Clubhouse model, following a holistic method of rehabilitation enhancing self-esteem, independence, community involvement and personal growth, in a welcoming and supportive atmosphere. Members are encouraged to develop new relationships and interests, and to build creatively on their strengths and capabilities. They

are also encouraged and supported to take an active part in planning, running, and evaluating the life of the centre.

ABI Case Management: The ABI Case Manager is a professional who serves as a point of contact for an individual with an Acquired Brain Injury and their family. The Case Manager will seek out and coordinate appropriate local resources, monitor progress, as well as communicate with and support the individual, family, and other professionals as appropriate.



The New ABI Ireland House in Lisrath, Co. Louth

ABI Awareness & Education: With thanks to support funding through the Government's Dormant Accounts funding scheme, ABI Ireland has been able to provide Brain Aware, ABI Family & Carer Training. Over the past two years 96 training modules have been delivered to 240 carers in 16 different locations nationally. Recently this programme achieved recognition as the winner of the Astellas Pharma Ltd. Changing Tomorrow Award, in the category of Hope.

Our ABI Awareness and Education services include ABI Prevention, and since 2007 we have been running a "Mind Your Head" campaign. This is aimed at raising awareness about the importance of wearing protective headgear to prevent brain injury, particularly in cycling, skateboarding and winter sports. In 2010 we launched our Concussion Campaign which is committed to educating sports men and women about the effects, signs and symptoms of concussion.

For more information about Acquired Brain Injury Ireland, see www.abiireland.ie

Congratulations to...

The trainees in the Headway Clondalkin centre who earlier this summer received their FETAC award certificates.

Some members of the Health and Related Fitness Group with tutor Jenny Nealon (Back L to R: Jim Staunton, Martina Callanan, David Gorman. Front: Michael Comiskey, Derek Cross)



Thanks to...

Marie Jones (L) and Mary Rose Scully (R) who completed the gruelling GaelforceWest adventure race including cycling, running, kayaking and mountain climbing for a total of 67km. Funds raised were for Headway Limerick. Said Marie: "The support from clients and staff was wonderful and kept my spirits up when exhaustion crept in with the gruelling training schedule. We raised €800 which will go towards a new training centre."

Lorraine O'Keeffe (pictured) who traveled to Peru earlier this year taking a Headway Banner to raise awareness.



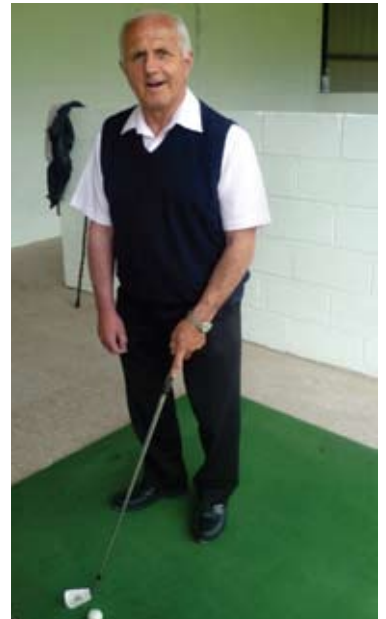
Hello to...

One of our regular readers, Larry, pictured here in his Leeds Utd. supporters cap. If you are a regular reader and would like your photo included in Making Headway, drop me a line at stablesr@headway.ie



The Cork Mens' Social Club

Regular readers might remember our feature on the Cork Ladies' Social Club. Not to be outdone, the Cork Men's Social Group was set up by the Community Integration Service in March of this year. It currently consists of six men of similar ages and interests and meets once every two months to partake in an activity decided and agreed on by the group. In March the group went to the dog track and had a great night with some people going home with more money than they came out with! The next outing was to the Leisureplex in Cork where the group went bowling and some of the members showed their considerable competitive sides! Our last trip was to the driving range and for some it was a learning experience while others demonstrated their flare for golf. In September, the group headed to Listowel for the races and a great time was had by all.



John Cotter in the driving range displaying his resolute attitude and great sportsmanship!

A Night to Remember in Limerick

The Headway Ball took place in the exquisite surroundings of the Dunraven Arms, Adare, Co. Limerick, on Friday October 7th.

The keynote address was given by John McCarthy, Poet and Mental Health Campaigner. Entertainment was by Choke Comedy and Little Creatures and plenty of rubber was burned on the dancefloor. Truly, it was a night to remember.



The Dunraven Arms

At time of going to press we don't have a final figure for the funds raised, all of which will go towards the planned new Headway centre in Limerick for people with brain injury.

Donnybrook Centre Opens!

The Dublin South Day Rehabilitation Service moved to a new premises in Argyle Square, Donnybrook, in April 2011. Since then, we have been able to expand the service to an extra half day on a Wednesday. Our existing clients are delighted with the new premises as it is spacious, bright and airy. We now have space for computers and an office too, which is extremely handy when staff are preparing sessions. We can also run more than one session at a time which we were unable to do previously. Comments from the clients on the new centre include that its "fantastic! the brightness of the place really helps". A client who is a wheelchair user remarked that "we are not on top of each other and there is plenty of space to move around". Another client commented on how convenient the centre is, as it is close to major bus routes, a local park, shops and the city centre.

Current and past activities include art, drama, yoga, mindfulness and discussion groups. We hope to have an informal opening event on November 3rd with coffee and cake. Anyone interested in seeing the new centre are very welcome to pop by. Please contact the centre Co-ordinator, Helen Gaynor on 0876370535 or 0872023677 for further details



Clients in the new Headway Centre in Donnybrook



Rehabilitation of Executive Function after Brain Injury

Headway Assistant Psychologists Cillian McCormack-Doyle and Ciara Brien guide us through the research on Goal Management Training

After a brain injury, people often have difficulty with some higher-level aspects of thinking which are given the term “executive functions”. They include the ability to plan, to monitor and change behaviour as needed, and to make changes to routine when faced with new situations. Difficulties with executive functions can lead to people being easily distracted or failing to follow through activities which need to be done in a particular sequence, such as making a shopping list and following through with a successfully “executed” shopping trip. The research papers described in this edition of Research Roundup each discuss a technique for helping people with executive function difficulties called Goal Management Training (GMT).

Levine, B., Schweizer, T.A., O’Connor, C., Turner G., Gillingham, S., Stuss, T.D., Manly, T. & Robertson, I.H. (2011) Rehabilitation of executive functioning in patients with frontal lobe brain damage with goal management training. *Frontiers in Human Neuroscience*, 5, Feb 17, 2011.

While executive functioning deficits can cause significant real-life disabilities (planning, inhibition, goal-directed behaviour, initiation, insight), evidence for practical interventions is lacking. Goal Management Training (GMT) is a mindful approach to complex real-world tasks, based on theories of sustained attention. When sustained attention is compromised following a brain injury, a person may become distracted from achieving their goals by either habits or environmental influences. The primary focus of GMT is to periodically stop ongoing behaviour, in order to monitor and adjust goals. In this study 14 people with frontal lobe brain damage were randomly assigned to a GMT or Brain Health Workshop group. Training was administered in seven 2 hour sessions. Training included homework involving monitoring absentminded slips and successes and daily mindfulness practice. Results of the study highlight that GMT is associated with reduced attentional lapses, increased behavioural consistency and improved problem solving ability.

McPherson, K.M., Kayes, N. & Weatherall M. (2009). A pilot study of self regulation informed goal setting in people with traumatic brain injury. *Clinical Rehabilitation*, 23 (4), 296-309.

This study sought to determine the acceptability and

real life application of two goal setting interventions, one being Goal Management Training (GMT), in people with traumatic brain injury (TBI). 10 people with TBI met with their keyworker over 6 – 8 weeks, during which they worked on goal setting and goal performance. Once participants identified a goal (e.g. preparing a meal, remembering names, shopping for food within budget), they were supported to follow the goal management pathway of; STOP what I’m doing, DEFINE the task, LIST the steps, LEARN the steps, DO the steps, CHECK that I am doing what I said I would. Feedback from participants and clinicians found the GMT process acceptable and that it led to both goal attainment and improved mood. Additionally some participants felt a sense of increased control, while for others the skills learned could be transferred to improve performance on other activities.

Schweizer, T.A., Levine, B., Rewilak, D., O’Connor, C., Turner, G., Alexander, M.P., Cusimano, M., Manly, T., Robertson, I.H. & Stuss, D.T. (2008). Rehabilitation of Executive Functioning After Focal Damage to the Cerebellum. *Neurorehabilitation and Neural Repair*, 22 (1), 72-77.

Although primarily associated with damage to the frontal lobes, people with brain injuries to other parts of their brain can have problems with executive function also. One such area is the cerebellum. The above study aimed to examine whether a person with damage to the cerebellum and subsequent problems with executive function benefitted from rehabilitation in the form of Goal Management Training (GMT). Over seven weekly 2-hour sessions, this participant was assisted in developing awareness of lapses in attention, and strategies to overcome these. The efficacy of GMT in this participant was assessed using measures of executive function and attention before commencing the training, immediately following the seven weeks of training, and four months afterwards. This patient made modest gains in the areas specifically targeted by GMT, and maintained these improvements over time. In addition to this, his wife reported significant “real-world” improvements that facilitated the patient returning to work in this instance. It is important to note that this was an uncontrolled single-case study, therefore the results cannot be generalised to a wider population of people with similar brain injuries.

HEADWAY

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Rehabilitative Training & Day Rehabilitative Services, Employment Support, Neuropsychological Assessment, Psychotherapy, Counselling and Information and Support.

Cork Office

Unit B3, Link Road Business Park, Ballincollig, Cork

Tel: 021 487 1303 **Fax:** 021 487 1305

Rehabilitative Training & Employment Support,
Rehabilitative Day Services and Community Integration.

Cork Psychology & Family Support Services

Kenny Group House, Carrigrohane Road, Cork

Tel: 021 434 7625 **Fax:** 021 434 7477

Brain Injury Rehabilitation, Neuropsychological Assessment, Psychotherapy, Counselling, Family Support, and Social Work Services.

Limerick Office

Jutland Hall, Steamboat Quay, Dock Rd., Limerick

Tel: 061 469 305 or 061 469 306

Rehabilitative Training, Vocational Training Programme, Supported Employment, Neuropsychological Assessment, Psychotherapy, Counselling and Family Support

Kerry Office (Psychological Services)

Fairies Cross, Clounalour, Tralee, Co. Kerry

Tel: 066 711 9320 **Fax:** 066 711 9321

Psychotherapy and Counselling

South East Office

6B Prior's Orchard, John's Quay, Kilkenny

Tel: 056 778 6240

Information and Support, Family Support

Diary Dates

"Art washes away from the soul the dust of everyday life" – Dublin Art Expo

This year's art expo by Headway service users is inspired by the Picasso quotation and takes place in the Dublin City Council Civic Offices, Wood Quay during the week of November 21st, with a gala opening on Monday **21st November** 6pm to 8pm. We would love to see you, RSVP to conaty@headway.ie

Memory, Anger Management Groups

Headway Dublin run groups for people affected by various aspects of brain injury. If you've had trouble dealing with memory or managing your angry feelings effectively, you might be interested to contact us for a screening. Get in touch at info@headway.ie

Carers Open Meeting in Carlow

Headway in the South East will host an open meeting for family members and carers of people with brain injury on **Wednesday 30th November** in Cathedral Parish Centre, College Street Carlow from 7.30pm to 9 pm. All Carers of someone with a brain injury both old and new are welcome. Contact Catherine O Hare 056 7786240 for more info.



Painting by Paddy Salmon, just one of the works by Headway artists in the Dublin Art Expo

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