

## WE PROVIDE

- A positive change in the lives of people with an acquired brain injury.
- A friendly, non-judgemental and understanding service.
- A bespoke service based on individual need, and knowledge of brain injuries and how it affects everyday living
- Information, support and opportunities to make informed choices in how to access community facilities and social opportunities.
- To have, if needed, an advocate to support with different things like applying for benefits, attending interviews etc.
- A life-line and someone to talk to about problems or issues.
- Opportunities to receive support, and to build confidence and self esteem
- A chance to re-learn and develop new skills post brain injury.
- A chance to socialise, and meet with other people who have a brain injury.
- To be treated with dignity and respect.

## Prama vision...

A world where no one is unfairly disadvantaged or excluded because of age or infirmity, and where every person can enjoy life as they age.



For more information contact  
the brain injury team on  
**01202 207320**

## Brain Injury Service

PramaCARE is a Dorset-based Christian charity  
Registered Address:  
Moran House, 1 Holes Bay Park,  
Sterte Avenue West, Poole, Dorset BH15 2AA  
Reg Charity No: 801967  
Company limited by guarantee No 02359751

## Brain Injury Service

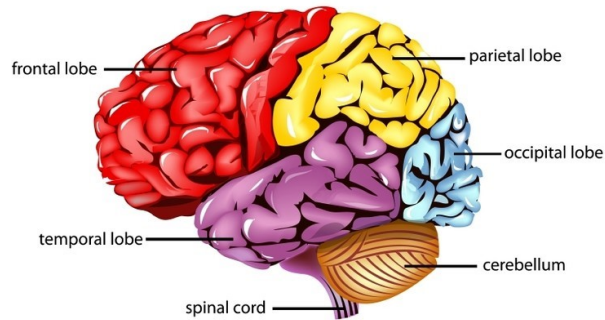
Rehabilitation and support for those with  
Acquired Brain Injury



Opportunities to receive support, and  
to build confidence and self esteem

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team on  
**01202 207320**

## Parts of the Human Brain



## More about our service

Prama provide a distinct specialist support service within PramaCARE, for individuals with an acquired brain injury. Injury could be due to a variety of circumstances including those arising from a stroke, a sporting injury or a traumatic event like a road accident.

Our bespoke service is tailored to the needs of the individual, and may include:

- ◆ assisting individuals in their own home, to manage a range of domestic tasks that their injury is affecting their ability to perform;
- ◆ supporting people to access the community by accompanying them so they can attend social groups and activities;
- ◆ help with memory strategies and planning; and
- ◆ Accompanying people to healthcare and other important appointments

## A WORD FROM OUR LOVELY REHABILITATION SUPPORT WORKERS

*"I began working as a Rehabilitation Coach with Brain injury charity Headway in 2011. I received brain injury education in addition to other training, and achieved my NVQ 2 in Health and Social care. The training and support was great.*

*I was happy to transfer over to the Prama BIS team to provide continued support to individuals and their families when Prama took the service over from Headway Dorset, creating a unique Brain Injury Service to ensure the vital work continued, I enjoy the work I do, and believe the service we provide makes a real and positive difference for those we work with, and their families."*

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*"My own recovery from a brain injury has been helped immensely as I have integrated back into work slowly through helping others who have suffered similar or worse injuries than I have.*

*The people I work with have all felt a little bit more understood having someone support them who has first-hand experience of their difficulties, yet knows that everyone is different and what works for one may well not work for another.*

*Being able to work with these people has helped me learn more about the effects of a brain injury and how complex it is, along with giving me the chance to give back and contribute a little to society for all the assistance I received following my own injury.*

*Being able to take people to various activities and groups can be just as rewarding for me as it is for them. Getting out and being active has aided me and being able to do this with everyone I work with has certainly bought some much needed fun and involvement to their lives, which keeps a smile on my face to know that the work I do has a positive impact on them."*

## A CLIENT'S STORY

\*Tony sustained a traumatic brain injury (TBI) after being assaulted. As a result, he experiences numerous difficulties, including problems with thinking, reasoning, understanding, learning, and remembering. And difficulties with planning and organisation, loss of flexible thinking and problem solving; dysarthria (Slurred speech); sleep difficulties; depression and P.T.S.D.

We are pleased to be able to support Tony 3 times a week with a mixture of helping with housework and looking after his flat, helping him with shopping and looking after his diet, accompanying him to coffee mornings and socialising with neighbours, helping him collect his medication, and accompanying him to attend a rehabilitation group where he has made many friends who experience similar life challenges from TBI and ABI (Acquired Brain Injury).

Through our support Tony can live a more independent life, knowing that we are there to help and encourage him to manage the challenges he now faces; our role is not to do things for Tony but to help him do things for himself.

\* Names have been changed.

