



*The Brain Injury Handbook*  
from Rehab UK.



## Help and Advice for those affected by a Brain Injury

**T**HE LATEST EDITION OF Rehab UK's *Brain Injury Handbook* is in the final stage of production and is set to be published by the end of 2008. The new-look handbook is packed with helpful information which will prove invaluable for people with acquired brain injury and their families and friends.

The handbook, which will be available online for the first time, covers a wide range of subjects related to brain injury starting with the brain itself. There is an explanation of its different parts and the effects of injury which can vary from person to person. The physical, mental and emotional consequences of brain injury are described in detail along with tips for carers on how to help a person with a brain injury overcome possible problems.

The recovery and rehabilitation process is also outlined and the different

members of the rehabilitation team are profiled by experts in the field. There is information on returning to work, Rehab UK's vocational rehabilitation programmes and advice on legal and financial issues, as well as further reading and lists of resources.

Angie Cowan is one of the people who write in the handbook of their personal experiences of brain injury. Her son, Jordan, acquired a brain injury following a brutal assault four years ago.

"I cried when I read the *Brain Injury Handbook*," said Angie from London. "For the very first time since my son Jordan acquired a brain injury, I felt that somebody out there recognised what my family was going through. We were not alone. Living with someone who has a brain injury can be incredibly difficult and lonely. Sometimes you feel like you're going crazy.

"Because Jordan looks well, people don't realise the devastating impact that his brain injury has had on him and on those around him. I believe that it's only once you start to recognise and understand the changes that occur following a brain injury, can you then begin to look at how best to overcome the challenges you face. The *Brain Injury Handbook* was a very positive first step for us. In fact, I now give copies of the handbook to everyone I meet who has been affected by brain injury." ■

The *Brain Injury Handbook* will be available from Rehab UK and online at [www.rehabuk.org](http://www.rehabuk.org).

### Who to contact

For further information please contact:



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