



Headway - the brain injury association downloadable publications list

Headway - the brain injury association is a leading UK brain injury charity supporting people affected by all types of acquired brain injury.

The following publications are available to freely download from www.headway.org.uk/information-library.

Publications marked with * are also available in printed booklet format.

This list has last been reviewed June 2024.

● About brain injury

[About the brain](#) (2023) - brief information on brain structure and function

[Carbon monoxide poisoning](#) (2023) - information on how carbon monoxide poisoning can cause brain injury, effects of carbon monoxide poisoning and preventative measures to take

[Concussion in sport](#) (2023) - information on how concussion can occur through sport, effects of concussion and treatment of concussion

[Concussion in the workplace](#) (2023) - information on how concussion can occur through work, effects of concussion and treatment of concussion

[GP's guide to acquired brain injury](#) (2023) - information for GPs to assist with diagnosis, offering advice and providing referrals for brain injury

[GP's guide to mild brain injury](#) (2023) - information for GPs to assist with diagnosis, offering advice and providing referrals following mild brain injury (concussion)

[Hospital treatment and early recovery after brain injury*](#) (2016) - information on early stages of treatment for traumatic brain injury and advice for partners/relatives/friends on how to cope

[Hypoxic brain injury](#) (2018) - information on how hypoxic brain injury can occur, effects of hypoxic brain injury and treatment of hypoxic brain injury

[Mild head injury and concussion*](#) (2020) - information on mild brain injury (concussion), diagnosis, treatment and tips for coping

[Mild head injury discharge advice](#) (2023) - advice on steps to follow after being discharged from hospital with a mild head injury (concussion)

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[Rehabilitation after brain injury*](#) (2016) - information on accessing rehabilitation after brain injury and types of therapy delivered through rehabilitation

[Waiting for rehabilitation after brain injury](#) (2018) - information on strategies to use while waiting to receive rehabilitation after brain injury

[Ward nurse's guide to acquired brain injury](#) (2023) - information for nurses to assist with treatment and care for brain injury survivors

● **Effects of brain injury**

[Anger after brain injury*](#) (2023) - information on what anger is, how brain injury can cause feelings of frustration and anger, and tips for coping

[Anxiety after brain injury](#) (2023) - information on what anxiety is, how brain injury can cause anxiety, tips for coping, getting professional support and anxiety in carers

[Balance issues and dizziness after brain injury](#) (2023) - information on the human balance system, types of balance issues after brain injury, treatment and tips for coping

[Coma and reduced awareness states](#) (2019) - information on levels of coma, recovery from coma, post-traumatic amnesia, vegetative state, minimally conscious state and locked-in syndrome

[Coma stimulation: suggested activities](#) (2011) - information on coma stimulation programmes

[Communication problems after brain injury*](#) (2017) - information on what communication is, types of communication problems after brain injury, rehabilitation and communication aids

[Continence problems after brain injury](#) (2019) - information on types of continence problems after brain injury, initial care, assessment, treatment, professional support and tips for coping

[Decision making difficulties after brain injury](#) (2018) - information on what decision making skills are, how decision making can be affected by brain injury and tips for coping

[Depression after brain injury](#) (2022) - information on what depression is, how brain injury can cause depression, identifying depression, getting professional support, medication and tips for coping

[Dysphagia \(swallowing problems\) after brain injury](#) (2021) - information on how brain injury can cause swallowing problems, diagnosis, treatment and tips for coping

[Epilepsy after brain injury](#) (2017) - information on what epilepsy is, types of seizures, diagnosis, living with epilepsy and what to do if someone is having a seizure

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[Executive dysfunction after brain injury](#) (2022) - information on what executive dysfunction is, skills impaired by executive dysfunction, impact of executive dysfunction, getting professional support and tips for coping

[Face blindness \(prosopagnosia\) after brain injury](#) (2023) - information on what prosopagnosia is, how it affects people after brain injury, diagnosis and treatment, and tips for coping

[Fatigue after brain injury](#)* (2023) - information on what fatigue is, how brain injury can cause fatigue, recognising fatigue, triggers and tips for coping

[Headaches after brain injury](#) (2021) - information on what causes headaches, types of headaches after brain injury, treating headaches and tips for coping

[Hormonal imbalances after brain injury](#) (2018) - information on what hormonal imbalances are, symptoms of hormonal imbalances, assessment and treatment

[Identity after brain injury](#) (2023) - information on how brain injury can affect identity, feelings about identity change, identity in partners/relatives and tips for coping

[Insight and awareness after brain injury](#) (2017) - information on what lacking insight is, how brain injury can affect insight, strategies for supporting someone with a lack of insight and protecting legal frameworks

[Memory problems after brain injury](#)* (2022) - information on what memory is, types of memory, how brain injury can affect memory and strategies for supporting someone with memory problems

[Post-traumatic amnesia](#) (2019) - information on symptoms of post-traumatic amnesia and strategies for coping

[Post-traumatic growth after brain injury](#) (2023) - information on developing resilience and positivity after brain injury

[Psychological effects of brain injury](#)* (2018) - information on cognitive impairment, behavioural and emotional changes, work, social and family changes after brain injury and psychological services to support people after brain injury

[Sleep problems after brain injury](#) (2021) - information on what sleep is, how brain injury can affect sleep, types of sleep problems after brain injury, getting professional support and tips for coping

[Taste and smell problems after brain injury](#) (2018) - information of how taste and smell are affected by brain injury, health, safety and hygiene issues, and tips for maintaining a healthy diet

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[The effects of brain injury and how to help*](#) (2019) - information on various effects of brain injury and tips for coping

[Visual problems after brain injury](#) (2020) - information on what vision is, types of visual problems after brain injury, diagnosis, treatment and tips for coping

[Weakness or paralysis \(one-sided\) after brain injury](#) (2019) - information on one-sided weakness (hemiparesis) or one-sided paralysis (hemiplegia) after brain injury and coping tips

● **Employment and education**

[Colleagues' guide to brain injury](#) (2017) - information for colleagues on supporting their colleague with brain injury

[Employers' guide to brain injury](#) (2017) - information for employers on understanding brain injury and how to support an employee with brain injury

[Making a complaint about treatment at work](#) (2024) - information on how to raise a complaint at work after brain injury

[Returning to education after brain injury](#) (2024) - information on choosing an educational course after brain injury, financial support and tips for studying after brain injury

[Returning to work after brain injury](#) (2023) - information on how a brain injury can affect returning to work, feelings about returning to work after brain injury, tips for coping, alternative options and how to deal with unfair treatment at work after brain injury

[Volunteering after brain injury](#) (2023) - information on why people volunteer after brain injury, things to consider before volunteering, looking for voluntary work and other things to consider with volunteering

● **Family issues and relationships**

[Ageing carers of brain injury survivors](#) (2023) - information for carers of brain injury survivors about making future arrangements

[Caring for someone with a brain injury*](#) (2024) - information on becoming a carer for a brain injury survivor and support available for carers

[Friends' guide to brain injury](#) (2017) - information for friends on supporting their friend with brain injury

[Grandparents' guide to \(adult\) brain injury](#) (2017) - information for grandparents on supporting their (adult) grandchild with brain injury

[Parenting after brain injury*](#) (2017) - information on how parenting might be affected by brain

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injury, common problems reported by parents with brain injury and tips for coping

[Parent's guide to \(adult\) brain injury](#) (2018) - information for parents on supporting their (adult) child with brain injury

[Partners' guide to brain injury](#) (2017) - information for partners on supporting their partner with brain injury

[Relationships after brain injury](#)* (2023) - information on how different types of relationships can be affected by brain injury, professional support for relationship issues and tips for coping

[Sex and sexuality after brain injury](#) (2023) - information on how sexuality can be affected by brain injury, professional support for sexual issues and tips for coping

[Sibling's guide to brain injury](#) (2017) - information for siblings on supporting their brother/sister with brain injury

[Supporting children when a parent has had a brain injury](#)* (2016) - information on how to support children of all ages when their parent has sustained a brain injury

● Legal issues

[A guide to the Adults with Incapacity \(Scotland\) Act](#) (2020) - information on what the Adults with Incapacity Act is and how it can protect brain injury survivors

[A guide to the Mental Capacity Act](#) (2020) - brief information on what the Mental Capacity Act is and how it can protect brain injury survivors

[A guide to the Mental Health Act in Scotland](#) (2020) - information on what the Mental Health Act is and how it can protect brain injury survivors

[Claiming compensation after brain injury](#)* (2016) - information on the process of claiming compensation after brain injury

[Discrimination after brain injury](#) (2023) - information on types of discrimination and steps to take if someone feels they have been discriminated against

[Insurance policies after brain injury](#) (2023) - information on different types of insurance policies relevant to brain injury survivors

[Mental capacity: supporting decision making after brain injury](#)* (2016) - detailed information about the Mental Capacity Act is and how it can protect brain injury survivors

[Personal injury trusts after brain injury](#) (2023) - information on what a personal injury trust is and the process of setting up a personal injury trust after brain injury

[The Equality Act 2010 - a guide for brain injury survivors](#) (2023) - information about the Equality Act and how it can support brain injury survivors

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[Understanding brain injury in the criminal justice system - a guide for prison staff*](#)

(2023) - information for prison staff on what brain injury is and how they can support brain injury survivors within the criminal justice system

[Understanding brain injury in the criminal justice system - a guide for probation staff*](#)

(2023) - information for probation staff on what a brain injury is and how they can support brain injury survivors within the criminal justice system

● **Practical issues**

[Alcohol after brain injury](#) (2023) - information on how alcohol can affect people after brain injury, alternatives to drinking alcohol and tips to cope

[Alcohol after brain injury: tips for families, friends and carers](#) (2023) - information on how alcohol can affect people after brain injury and tips to support brain injury survivors with reducing alcohol consumption

[Assessment and funding of care after brain injury](#) (2024) - information on the assessment and funding of care after brain injury

[Case management after brain injury](#) (2023) - information on what case managers are, how they can support brain injury survivors and how to access case managers

[Disabled Facilities Grants after brain injury](#) (2023) - information on what Disabled Facilities Grants are and how brain injury survivors can apply to them

[Driving after brain injury*](#) (2020) - information on how driving can be affected by brain injury, legal responsibilities, reporting a brain injury to licensing authorities and tips for coping

[Holidays and travel after brain injury](#) (2022) - guidance on planning a holiday and travelling after brain injury

[Making a complaint about health and social care services](#) (2022) - information on how to raise a complaint about health and social care services after brain injury

[Redeveloping skills after brain injury*](#) (2020) - information on developing a home activity programme to help with redeveloping skills after brain injury

[Safeguarding after brain injury](#) (2023) - information on different types of abuse and how to report these

[Scans and tests after brain injury](#) (2018) - information on scans and tests routinely used to investigate and diagnose brain injury

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● Welfare benefits

[Appealing a welfare benefits decision](#) (2024) - general guidance on the process of making an appeal against a welfare benefits decision, with tips for brain injury survivors

[Attendance Allowance after brain injury](#) (2024) - information on the welfare benefit Attendance Allowance that some brain injury survivors who are above the State Pension age may be eligible for

[Carers Allowance after brain injury](#) (2024) - information on the welfare benefit Carers Allowance that some carers of brain injury survivors may be eligible for

[Completing welfare benefits application forms - tips for brain injury survivors](#) (2024) - general guidance for brain injury survivors who are completing application forms for welfare benefits

[Employment and Support Allowance after brain injury](#) (2024) - information on the welfare benefit Employment and Support Allowance that some brain injury survivors who are unable to return to work or have difficulties with returning to work after brain injury may be eligible for

[Personal Independence Payment after brain injury](#) (2024) - information on the welfare benefit Personal Independence Payment that some brain injury survivors who need support with the extra cost of living with a disability may be eligible for

[Preparing for welfare benefits assessments](#) (2024) - general guidance for brain injury survivors who are preparing for welfare benefits assessments

[Statutory Sick Pay after brain injury](#) (2024) - information on Statutory Sick Pay for people who are temporarily off work due to brain injury

[Universal Credit after brain injury](#) (2024) - information on the welfare benefit Universal Credit that some brain injury survivors who are on a low income or unable to work due to a disability may be eligible for

People directly affected by brain injury can receive limited free copies of print booklets by contacting our nurse-led helpline on 0808 800 2244 or helpline@headway.org.uk.

For all other orders, contact 0115 924 0800 or visit www.shop.headway.org.uk/publications-9-c.asp.

As a charity, we rely on donations from people like you to continue being able to provide free information to those affected by brain injury. To donate, or find out how else you can get involved with supporting our work, visit www.headway.org.uk/get-involved.

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