



TBI & Concussion Peer Support

Employer Peer Support Service

If you would like to talk to another employer, receive further information or learn more about traumatic brain injury and return to work.

Contact Volunteer Coordinator

029 2007 593

peersupport@helpfulheads.co.nz



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Helpful Heads Peer Support

(Canterbury Region)

Employer Peer Support Service



Introduction

A traumatic brain injury can result from numerous causes: a slight concussion received by playing sports, a fall from a ladder, a whiplash injury, assault or a major car accident.

When people suffer a TBI many changes occur in the brain. The brain has been disrupted in a number of ways, often connections are broken, damaged or bruised and this impacts on a person's ability to function in daily activities.

More often than not, the person will look just as they did before the injury and the difficulties are not obvious immediately.

A significant change is often observed with cognitive communication skills. These are the skills required to concentrate, to process and remember information, to make decisions and multitask. Cognitive skills are thinking skills.

Another factor that can often make return to work challenging, is the need to manage the extreme mental tiredness (fatigue) that can be present following a TBI.

Returning to work after a traumatic brain injury (TBI) is often the most important part of a person's recovery and needs to be managed well for it to be successful for all parties involved.

The Employer Peer Support Service Offers

The opportunity to talk to another employer who has managed a successful return to work with an employee who has had a brain injury.

The nature of the support could be how to:

- Introduce strategies for particular tasks
- Manage mental fatigue
- Talk to colleagues about what is going on
- Provide honest feedback to the employee.

OR

- The offer of practical suggestions on how to modify the environment to reduce noise and light sensitivity and distractions.
- Support around timeframes and what to expect from vocational providers and insurance companies.



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