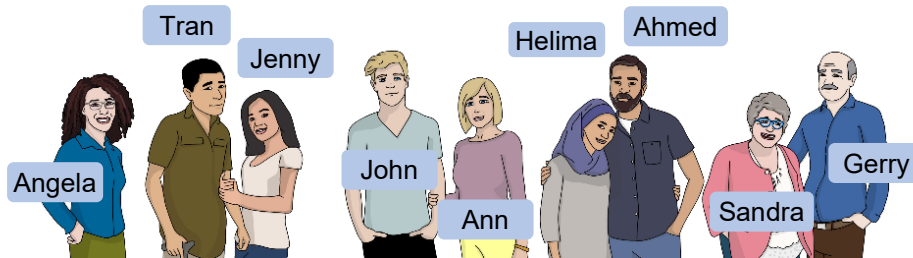


Carers' Way Ahead

Managing challenging behaviour after a brain injury



The Carers Way Ahead is a user-friendly online program that is free to use. It's designed to help families and carers understand and deal with challenging behaviours in people who have had a brain injury.

You'll work through seven modules and each one takes about 20 minutes to complete. These modules cover important topics including:

1. **Understanding traumatic brain injury:** You'll learn about how a brain injury can affect a person's emotions, thinking, and behaviour.
2. **The ABCs of behaviour:** This teaches you about the ABC approach to understand and manage someone's actions and behaviour.
3. **Apathy:** You'll learn how to understand and help someone who might be feeling uninterested, lacking motivation, or finding tasks difficult to complete.
4. **Acting without thinking:** You'll learn to manage impulsive behaviours and actions that happen without careful thought.
5. **Social difficulties:** You'll learn how to deal with problems someone might have when interacting with others, whether it's at home, with friends, in the community, or at work.
6. **Irritability/Aggression:** Learn about helping a person who's struggling to control their emotions and might act out in an irritable or aggressive way.
7. **Self-Care:** You'll find tips on how to take care of yourself while you're taking caring of others.

The program is available in various languages, including English, Mandarin, Spanish, Vietnamese, Arabic, Slovak, and Korean.

Access the program for free at: cwa.psy.unsw.edu.au

Contact us with any questions at: cwa@unsw.edu.au

