**UBI Syllabus for Zoom - 4 modules**

The course comprises the following modules and includes handouts which will be emailed following each session.

1 An overview of the brain and the impact of a brain injury

2 Physical & Functional Impact of Brain Injury

We discuss the role of occupational therapy in helping clients meet the wide ranging challenges of achieving day to day activities to the best of their abilities. And we discuss the impact of fatigue which is common across a range of different brain injuries. We look at the cause and effect of fatigue and learning to live well with it.

3 Emotional & Psychological Impact of Brain Injury

In this module we introduce the common outcomes of brain injury and the emotional effect on clients and their relationships. Clients & family carers have an opportunity to share their personal stories and experiences of living with a brain injury; this has shown to be an effective and healing part of the course.

4 Cognition, Attention & Memory

This final module explains cognition – the mental process of acquiring knowledge and understanding through our thoughts, experiences and senses – and how this is impacted by a brain injury. It looks at short term memory and attention impairment and the effect this can have on listening and being listened to. We share some helpful strategies and touch on the skill of communicating more effectively across different relationships and expressing needs calmly, clearly and appropriately.