

BIRT Resources

“**The BIRT Guide to Living - for adults with brain injury**” is a 70-page publication for people with brain injury, their families, carers and professionals working with them, produced by the Brain Injury Rehabilitation Trust (BIRT).

This publication supersedes the following leaflets:

- Alcohol following brain injury
- Capacity to consent to a sexual relationship
- Demonstrating value for money
- Managing finances after a brain injury
- The effects of brain injury
- The family following a brain injury

Free copies are now available from BIRT services across the UK and at our seminars and conferences, or via post by sending us an A4 padded self-addressed envelope with postage to the value of £2.50 to:

Guide to Living Requests, c/o Hayley Briddon, The Brain Injury Rehabilitation Trust, 3 Westgate Court, Silkwood Park, Wakefield, WF5 9TJ

Please also visit our [Brain Information Library](#), a central resource point for people with brain injuries, families, professionals and the media, where you can find links for useful information related to brain injury, provided by experts from across char(BIRT).

You can find more specific information about: [Concussion](#), [the Brain Injury Needs Indicator \(BINI\)](#), our [Guide to Living](#) - for adults with a brain injury, our [Show Your Brain Some Love](#) awareness campaign.

BIRT also provides a [wide range of publications](#) that you can download including copies of the BIRT newsletter: BIRTie, annual outcome reports and leaflets for all the individual BIRT centres.