

## Mission of the Next Stage Programme

To work in partnership with people with Acquired Brain Injury (ABI) by providing a high-quality and individualised training programme designed to assist each trainee to enable greater levels of independence, personal effectiveness and integration into the community to maximise their quality of life.

## Programme Overview

The Next Stage rehabilitative training programme is a national service provider accepting referrals of people with ABI living throughout Ireland. While trainees will have a common disability, the effects of brain injury can vary. Therefore, our training programme is designed to meet their individual needs and goals in a client-centred format.

## Corofin Millennium Lodge

The Corofin Millenium Lodge provides accommodation for trainees who attend the programme and who live too far away from the unit to commute on a daily basis. There is a nominal night fee to use this service, which may be reimbursed from either the HSE or Department of Social Protection depending on eligibility requirements.

## Contact details:

### Rehabilitative Training Unit

**Email:** rtustaff@nrh.ie

**Telephone:** (01) 235 5364

**“The RTU gave me the opportunity to practice my skills and build my confidence to move forward with my life.”**

Past RTU Trainee



**National Rehabilitation Hospital**  
Rochestown Avenue, Dún Laoghaire,  
Co. Dublin, A96 RPN4  
**Telephone** (01 235 5000)  
[www.nrh.ie](http://www.nrh.ie)



**National Rehabilitation  
University Hospital**

An tOspidéal Náisiúnta Athshlánúcháin

## Next Stage Programme



**Rehabilitative Training Programme  
For People with Acquired Brain Injury**  
**Accredited Training Centre Standard  
QA 00/01**



The **National Rehabilitation Hospital** is accredited by CARF (Commission for accreditation of Rehabilitation Facilities) for a range of services, confirming they meet recognized international standards

## Objectives of the Next Stage Training Programme

- Focus on practical abilities and developing skills such as personal, life, social and practical skills that can be transferred to the workplace.
- Assist people living with ABI to increase levels of independence and participate socially and in the community.
- Provide training that is suited to each individual.
- Provide a safe and graded learning environment.
- Enhance previous skills and explore learning of new skills.
- Provide a work-like structure to the daily routine.
- Provide educational support and computer training.
- Liaison and referral with various support organisations.
- Assistive individuals in making informed choices about future training, educational and vocational or work options.

## Programme Content

The Next Stage programme is delivered on a modular basis. Each trainee will participate in modules to meet their individual needs. There are 25 training modules which are grouped in the following six areas:

- Brain Injury Awareness and Management
- Personal and Social Development
- Life Skills Management
- Information Technology
- Educational and Project Support
- Vocational Assessment, Planning and Exploration

Training takes place in both individual and group formats, depending on the trainee's needs and the type of module.

## Programme Duration and Times

The programme duration on average is six to nine months. However, this can vary as the programme is designed to meet the individual goals of the trainees. Trainees attend up to five days per week (30-hour week).

|                          |                        |
|--------------------------|------------------------|
| <b>Monday - Thursday</b> | <b>9.30am - 4.00pm</b> |
| <b>Friday</b>            | <b>9.30am - 1.00pm</b> |

## Administration Criteria

- Have a diagnosis of Acquired Brain Injury.
- Be medically stable.
- Be 18 years or older.
- Be independent in all aspects of self-care (or have a carer).
- Be able to demonstrate insight and motivation into benefits of training.
- Demonstrate readiness and potential for development and greater functional independence.
- Be able to work with minimum supervision.
- Be able to engage in group training sessions.
- Be able to retain information between training sessions.
- Be able to co-operate with the instructor and other trainees.
- Live within a reasonable travelling distance from the unit OR meet criteria for admission to the Corofin Millennium Lodge.
- Be free from severe ongoing behavioural, psychiatric and or substance abuse issues.

**The Next Stage Programme offers certification in Information Technology (IT) and ICDL Digital Citizen.**