

USEFUL CONTACTS

Drinkline

Helpline for people worried about their own or someone else's drinking

T | 0300 123 1110 (Freephone)

Alcoholics Anonymous

Helpline and support organisation for people concerned about their drinking

T | 0800 917 7650

W | www.alcoholics-anonymous.org.uk

Scottish Families Affected by Alcohol and Drugs

Help and support for families and friends

T | 08080 10 10 11 (Freephone)

W | <http://www.sfad.org.uk/>

Useful reading

"A Fuller Life" - Report of the expert group on Alcohol Related Brain Damage, University of Stirling, 2004.

"Alcohol related
brain damage can
be prevented"

LOCAL SERVICES

Borders Addictions service 01896 664430

With You 01896 757843

Border Carers Centre 01896 752431

NHS 24 111

CHIMES 01896 750173

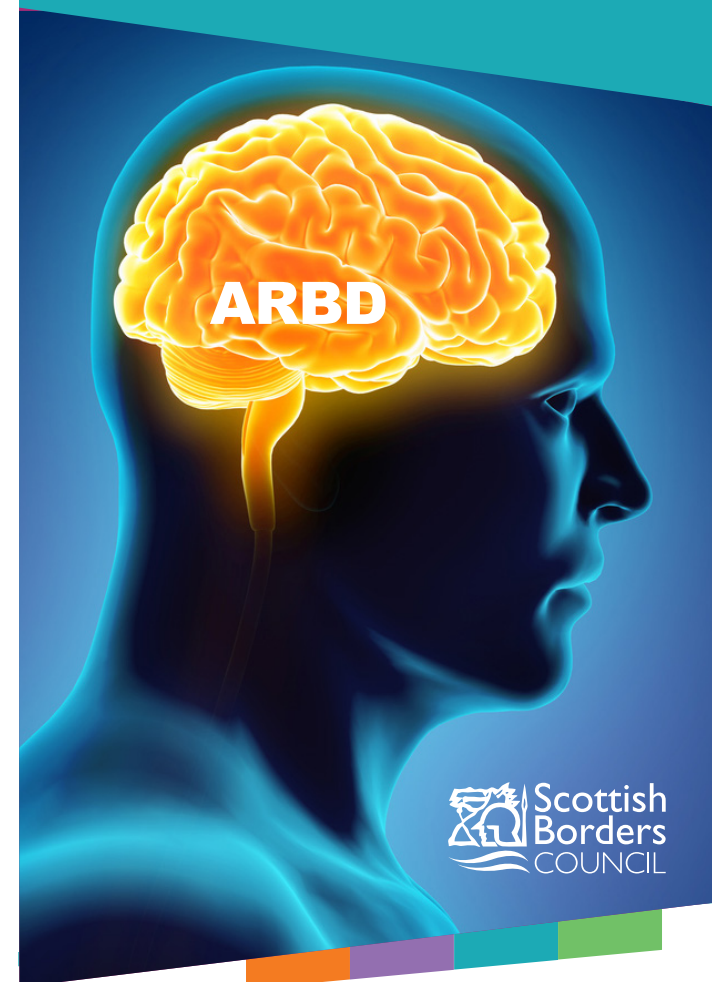
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 #yourpart

Alcohol-related Brain Damage (ARBD):

Information for friends, families,
and carers



 Scottish
Borders
COUNCIL

WHAT IS ALCOHOL RELATED BRAIN DAMAGE (ARBD)?

ARBD is the term used to describe the range of symptoms that can occur as a result of alcohol use.

Alcohol use can have a direct affect on brain cells, resulting in poor judgement, difficulty making decisions and a lack of insight.

Poor nutrition and vitamin deficiencies may also contribute to brain cell damage.

What are the symptoms of ARBD?

The symptoms of ARBD may persist for a long time after an individual has stopped alcohol use.

ARBD can affect people in a number of different ways, including:

- Difficulty remembering recent events
- Distorted or misinterpreted memories used to fill memory gaps, creating inaccurate accounts of recent or past events
- Difficulty processing new information
- Poor concentration
- Reduced spontaneity, motivation and initiative
- Indecision
- Reduced sensation in arms and legs
- Poor balance and co-ordination
- Wandering
- Problems sleeping and maintaining healthy sleep patterns



CAN YOU RECOVER FROM ARBD?

Although its symptoms are similar to dementia, ARBD is not a degenerative illness. 75% of people diagnosed with ARBD will make some form of recovery and 25% of this group will make a full recovery.

10 ways to help someone who has ARBD

1. To recover it is vital that they **abstain from alcohol completely** (they should not stop drinking alcohol abruptly and seek medical advice on reducing at safe levels).
2. **Encourage them to eat a healthy and balanced diet.** They should talk to their doctor about Thiamine and other vitamins essential to the brain's recovery.

3. Keep choices clear and simple and give information in short clear statements.
4. Encourage independence. If you do need to offer assistance, try to do things with them rather than for them.
5. Leave things in the same place so the person can find them easily.
6. Try to limit background noise, such as the radio, TV or other people talking.
7. Use notes, lists, diaries, weekly planners, photo galleries and checklists to help remember.
8. Support them to get involved in the community and encourage them to attend support groups to meet others on the same journey.
9. Be hopeful and positive about their recovery and reassure them that they are doing well: it's not easy!
10. Be patient and listen, when things are difficult encourage them to talk to someone.