

# CUSTODY FOR LIFE (CFL) PROGRAM

An information session, specifically targeted to young people, about brain injury that can result from high-risk behaviours.

## A BRAIN INJURY....

... can happen to anyone, anywhere, anytime! As there is no 'cure' for brain injury, the emphasis must be on prevention. Over 40% of people who sustain a brain injury each year are young people aged between 15 and 24.



The aim of BIAT's CFL program is to make young people more aware of the long-term impact a brain injury can have on their lives, and the lives of their families and friends etc.

## CFL IS....

....an interactive learning opportunity on: the brain and how it works, causes of brain injuries, and typical outcomes after injury. It has been designed to raise awareness of the potential outcomes of high-risk behaviours such as assaults, binge drinking, and drink driving.

## THE FACTS

- Violent assault and motor vehicle crashes are rated among the top three most common causes of traumatic brain injury (TBI).
- A brain injury is often referred to as 'the invisible' disability, and is potentially one of the most devastating disabilities.



CFL sessions run for approximately 1 1/2 hours. Dependent upon demand the sessions are held every two months in HOBART.

## THE LIVED EXPERIENCE

CFL sessions are co-presented with a person with brain injury; someone who shares what their life was like before brain injury, how their brain injury happened, and what the consequences have been.



**BRAIN INJURY  
ASSOCIATION**  
OF TASMANIA

*'Custody for Life' - creating awareness to assist young people to make informed choices about the activities and behaviours they decide to engage in.'*

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