



Embrace FARM

Farm Accident Support Network

Invites you to

Living Your New Normal

Building Resources To Continue Your Farming Life
After An Accident

Thursday 17th October 2019, 9.30am to 5.00pm
The Hub, Cillin Hill, Kilkenny

GUEST SPEAKERS INCLUDE:

- | Bill Fields of Agrability & Enda Murphy Author/Psychotherapist
- | Personal stories from farm accident survivors
- | Showcase of Adapted Farm Machinery
- | Information on lots of Support Services & Organisations

No admission fee. Limited places available.
To book your place <https://embracefarm.com/events2019/>

For further information please contact Embrace FARM at embrace.farm@gmail.com or 085-7709966

IN CONJUNCTION WITH



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Farm Accident Survivors Day Report

OCTOBER 2019

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Executive Summary

Living Your New Normal – Building Resources to continue your farming life after an accident.

Embrace FARM, farm accident support network, in conjunction with the National Rehabilitation Hospital in Dun Laoghaire held its first joint information day to support people that have survived an accident and want to adjust their life so they can keep farming. The objective of the day was to highlight to accident survivors what organisations and businesses are out there to help them. Showcase to the wider community what issues people face following an accident with their health and wellbeing and finally identify opportunities for farmers to interact with companies and organisations that can help them physically, mentally and emotionally adapt to life following their accident.

With over 100 people in attendance to the event, which was held at the Hub, Cillin Hill, Co. Kilkenny, it attracted people from all over the country to come. Support organisations such as Headway (Acquired Brain Injury), Samaritans, Awareness Head to Toe, Citizens Information, APOS, Pieta House, IACP, Teagasc, IFA, ICSA, ICMSA, FBD, Coloplast, Wheelchair Cars Ireland, Irish Wheelchair Association, Southeast Mobility Driving, National Learning Network, and Employability gave their time and expertise to be present on the day to help all in attendance. With adaptations from Mobility Tractor Steps, Third Arm, Pat O'Donnell Plant Hire and more, there was a both a practical showcase of machinery and cars as well as the softer supports a person requires to rehabilitate after an accident.

Speakers on the day came from both a national and international perspective. Bill Fields from Perdue University, Indiana, USA and Agrability, a programme 'that provides assistance to farmers, ranchers, other agricultural workers and farm family members impacted by disability' spoke on the number of people they assist through training networking and other special events. Enda Murphy, author of 'Five Steps to Happiness' and psychotherapist spoke about the impact of trauma on our lives, how this can be recognised and awareness to those around us.

People had the opportunity to speak openly with one another and directly to the support organisations in attendance. It was highlighted from one of the attendees that 'help on the farm so that (we) could forget about it in those first weeks/months' was all important to a person after an accident. Another attendee mentioned the most benefit they received from the day was 'being able to talk about it to people who have experienced it' i.e. surviving an accident. For others it was something practical when asked what most benefited them in attending was 'seeing an easier way to access a tractor'.

For the support organisations in attendance they felt it was a 'great opportunity to get our message out to offer support' for the farming communities. It was also felt that 'attending this event was well worthwhile in regard to networking and hearing the individual human experiences in particular' when listening to the panel discussion held at the beginning of the day. Claire McCormack from Agriland chaired an in-depth discussion with farm accident survivors Gabe Connolly and Peter Gohery sharing their stories of their accidents and the impact this has had on their lives and relationships with their loved ones. Maeve Nolan from the National Rehabilitation Hospital spoke from her perspective with the number of patients they receive through their doors annually having survived such serious accidents.

It is hoped that this day will continue with conversations to help farm accident survivors in a greater practical sense between all those who attended and kindly helped make this day happen.

Report from Garda Edel Burke

Information/ Support Stands Review:

- Irish Wheelchair Association
 - Code on drivers licence - Stay within 30 km radius of home
 - No nigh time driving 1 hour after sunset
 - No roads over 80km sunrise
 - Wheelchair cars Ireland
 - Tax Relief
 - Gaeltacht Communications – Cameras/2 way radius – Noel Burke.
 - Mobility Tractor Steps
 - Supported Employment Service
 - Rural Social Scheme – 19 hrs – herd no. – flexible
 - Ennis 065-6844007
 - Working family payment
 - Farm Assist
 - Invalidity Pension 55/56 yrs.
 - Lifestyle Mobility
 - National Learning Network – Ennis – Employment based training
 - QQ1 Level 4 major fund
 - Host Company
 - Kick Shift your future course ETB Funded.
 - Southeast Mobility
 - Choices Course – Mental Health Course. Funded by HSE
 - Driving assessment €170
 - Not able to talk
- On road drivers assessor – driver’s license – codes

National Rehabilitation Hospital & Embrace Farm Fireside Chat

SPEAKERS:

- 1) Gabe Connelly – Accident Survivors
- 2) Peter Goley
- 3) Dr. Maeve Nolan NRH
 - First Aid is important
 - Life changing or him & man who’s gun went off
 - Psychologist spinal cord injuries
 - Journey depends on the individual to get through NRH
 - Talk about your injury

- Health & Safety & RSA have made a difference

Gabe Connelly

- Had to learn to walk again with prosthetic leg
- Use head more than leg
- Gun safety
- Don't compare yourself to anyone else
- Talks have helped
- Amputees have achieved so much & moved on

Peter Gohery

- Getting people with disability back to work
- Brain is not affected
- Tractor adaptations are expensive
- Government grant to do up house – ramps, showers etc
- No grant for farm amputee's
- Getting feedback from someone with no disability
- Medical a year later to say I was still on adaption
- Amputee not classed as a long term illness
- Gabe has no medical card
- Leg was €15,500 bank loan – refused
- Self-confidence can be a front

Supports available afterwards:

- Family - _____
- Social network - who acquiring a life trying injury in midlife is a big challenge
- Agency support - Takes time to get head around injury
- 1 per week spinal injury - resilience – bounce back – 70% bounce back

Workshops – 2017 – every 3 months in Athlone – 15 – 20 people**- 2019**

Survivors of accidents & psychotherapist & citizen information

Peer to peer engagement

Your body is in pain you can't concentrate

Listen to your body

Slow down get the head right

Access to farm relief:

- €1,200 a week to milk cows

- Insurance company need to offer better package

- Will is it made???

- Liaison officer in Dept. of Agriculture

- Everyone should pool together

Psychological impact on families:

- Family just as affected

- Acknowledge different ways people deal with injury

- Takes time to come to terms with injury

- Wife's story is better for Peter's wife

- Children adapt quicker

- Credit to wife of Gabe who worked minded kids

Dr Bill Field – National Agrability Project Purdue University

Agrability – 20 States in USA.

People perform better if they are encouraged

A call to be encouragers

Address the whole person and the impact on larger community

Barriers to increased independence

- Attitudes towards them
- Public Policy
- Lack of access to technology
- Cost of assisting technology & modifications.
- Potential for secondary injuries

Agrability V's No treatment

CPOL <Agriability

<No Treatment

Webliners - online <Agriability

FARMERS UNDERSTANDING OF MENTAL HEALTH:

Enda Murphy – Cognitive Behavioural Therapist:

- Thoughts feelings behaviours
- PTSD
- Can't change circumstances of what happened but you can change how you feel about it
- Emotional & logical brain talking to each other
- Emotional – Anxiety + Depression = Life of its own
- Toxic stress
- Thoughts & feelings = electrical events
- Can you read a newspaper & concentrate?? View of depression, red flag.
- Concentration / sleep pattern
- Underlying anxiety+ depression = PTSD

Normalise your emotions:

The first time you got you heartbroken

8 – 14 male role model to be a good man

Identifying with people

What part are you reliving/trying to change in your head

Manoeuvre reality over how little control you have over life

Suitability + security = control

Locking door twice = brain trying to get suitability back

Worry is about something that has happened

Anxiety is about something that hasn't happened

Adjust when possible

Go home get a knife, stick it in jam and butter of leave it for 48 hrs

1. I want in _____
2. Let go of trying to be in control
3. The less control you try to assist the more control you have

Conference Feedback

Attendee Feedback

Attendees Feedback

Number of Responses: 11

Are you a;

1. Farm Accident Survivor (4)
2. Witness to a farm accident
3. Professional seeking information (2)
4. Supporter of Embrace FARM (1)
5. Family member of a farm accident survivor (1)
6. Other (3)
 - a. Work Accident Farmer
 - b. Have Spinal Injuries from a fall from a height
 - c. A farmer who is facing leg amputation.

If you were to name one thing that would make life that bit easier post-accident, what would that be?

- Integrated post-acute and community rehabilitation services
- In my case, automatic car sooner some degree of independence
- Money
- Immediate access to funding for workplace adaptations
- Entitlement to medical cards for amputees
- Help keeping my farm ticking over while I was in hospital
- Help on farm so that we could forget about it in those first weeks/months.
- Farmhouse modernisation and insulation to make it warmer.

What part of today was of most benefit to you?

- Other agencies talks
- So far completely unfair to put one aspect of the day ahead
- Seen easier way to access tractor
- Hearing about Agrability, Bill Fields talk was fantastic.

- Being able to talk about it to people who have also experienced it.
- Listening to the stories (honest) of survivors.
- Today was very good just to listen to other people talk about farm accident.
- Enda, the psychologist.
- Listening to Peter.

Was something missing that you would have liked to have seen here today?

- Cannot think of any just now
- More actual demonstrations of practical things for access to machinery
- Macra na Feirme, links for young farmers.
- Information on alternative work opportunities for those who cannot continue to farm but would like to do something part-time.
- I would like to hear more people in the mechanics talk.

Would you attend a similar type event organised by Embrace FARM again?

Yes (11) (All responded attendees would attend an event like this again)

No I don't need this type of support

Can you describe what Embrace FARM is about in a few words?

- Farm Accident Survivors
- Understanding Survivor Minds
- Knowledge and Information
- Education, awareness and support to find your new normal as a farmer following an accident.
- Support and networking.
- Helping each other through a tough life experience.
- Today is the first time I heard of Embrace FARM but I would like to learn more about Embrace FARM.
- A someone to call when an accident happens, when you don't know who to call.
- Information and support following farm accidents.

Were the practical arrangements (venue, equipment, catering) satisfactory?

- Not at all
- Partly (1)
- Mostly
- Completely (9)

(99% of attendees who responded were 'completely' satisfied with the practical arrangements for the event)

Comments

- All Good
- Great day, was not aware of Embrace FARM when healthy.
- Fantastic Day. Thank You.
- Everything was great.
- Would be nice if attendees were together in the one area so they could chat over lunch.
- Can the support group be moved around the country a little e.g. Portlaoise is a lot more accessible from the South.
- 1st time attending. Brilliant. Thank you all for organising same.

Organisation Feedback

Organization Feedback

Number of Responses: 12

1. Has your organisation ever taken part in an event specifically for the farming community before?
Yes: 8 No: 4 If yes where: **Ploughing Championships (1)**
2. What are your overall thoughts on the day? What is your take home message?
 - a. Thought provoking, I have learned so much. Today has raised my awareness to the many challenges faced by the farming community. The individuals and their families following a traumatic event.
 - b. Very well laid out. Interesting Speakers.
 - c. Very inspiring listening to the speakers.
 - d. Very impressed with the first open session and following speakers were also very good.
 - e. Excellent, very informative and approachable.
 - f. Great day, very beneficial for farmers and families.
 - g. Excellent Presentation, stories of accident survivors and their journey most compelling.
 - h. Important to have joined up awareness of all available support agencies. Managing thoughts and perception of events. Mechanical aids to support.
 - i. Interesting. Motivated.
 - j. To provide information.
 - k. Peter & Gabe's speeches filled us with inspiration. Very nice to hear Bill also.
 - l. Very insightful. Live one day at a time because we do not have any control over anything.
3. Can you describe what Embrace FARM is about in a few words?
 - a. Supporting injured farm workers to find a new normal – whatever that may mean to the individual.
 - b. Assisting farmers getting back out to work.
 - c. Support network for people suffering from workplace accidents and details information to move forward.
 - d. Helping farmers who experience life changing injuries get on with their lives.
 - e. Support for members of the agri community affected by accidents.
 - f. Community, selfcare, sustainability.
 - g. Assisting with information for the victims of farm accidents and aiding with information with the recovery process.
 - h. Support of farmers after accidents and injury.
 - i. Support network for farming community.
 - j. Embrace is about giving farmers hope following an accident.
 - k. Encouragement, support, networking and educating people affected and their families.
4. Was today worth while in your organisation attending?
 - a. Absolutely – attending this event was well worthwhile in regards to networking and hearing the individual human experiences in particular.
 - b. Yes
 - c. Absolutely.
 - d. Yes.
 - e. Yes
 - f. Yes, we were able to connect with existing patients and give advice to other service users.
 - g. From a farming organisation point of view it was useful for information as to where assistance is available.
 - h. Very worthwhile. Excellent engagement. Services very relevant.

