



Brain Injury Bites: Help and Advice

Episode Two: Journey in the hospital

Episode Two: Journey in the hospital is now available to stream on your favourite podcast app:



Everyone's recovery is different

Everyone's recovery after a brain injury is different - there are lots of different factors that can contribute to how somebody recovers, so it's important not to compare with other people - every brain injury is unique.

Don't overwhelm

Too much stimulation and information can be overwhelming for someone after a brain injury. Don't push the injured person and try and make them do too much, too soon.

Be patient

Don't get annoyed if the injured person repeats themselves. This is perfectly normal after a brain injury and it's important to be patient.

Liaise with the clinical team

Provide any feedback you may have about how your family member is doing; you know what they were like before their injury and can provide valuable information.

Also discuss ways you can work with the clinical team to support your family member. Ask to be involved in meetings with the clinical team so that you can have some input in the treatment and support your family member will receive.

Ways to stimulate someone after a brain injury

- Bring photographs and things from home to remind them of who they are.
- Play their favourite songs and music through headphones.
- Talk to them as you normally would; you can chat about your day, what you've been doing and what's happening in the news.
- If you can't think of anything to say, holding their hand or stroking their skin can be comforting to them.
- Try reading to them or bringing them things to read.

Organise visits

Have a designated person who will organise when people will visit, so that not too many people arrive at the same time. Many people after a brain injury have difficulties following more than one conversation, so this can assist with that and also avoid overstimulation.

Changes in the person

The injured person may have changed; their personality may be different and the way they act and behave could be a shock to family members and friends.

Try to be patient with them and stay positive - try not to dwell on the past and what they were like before their brain injury and focus instead on the future.

"Don't look back, you're not going that way."



Brain Injury Bites

Bite-sized podcasts helping brain injury survivors

CFG
Law

www.cfglaw.co.uk