# GOING HOME AFTER ACQUIRED BRAIN INJURY

Going home after ABI can be a stressful time. Changes will need to be made to cope with challenges that arise after leaving hospital.

# WHAT TO EXPECT

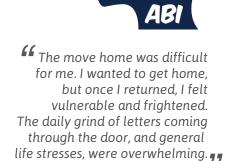
Temporary or permanent functional changes. Some things will get better over time, but some things may not change much at all.











PAUL SPENCE

# LEAVING HOSPITAL

Take a lead role in your recovery, but don't be afraid to ask for help when you need to.



#### SPEAK

to hospital or medical staff about coping strategies. They will be able to point you in the right direction.



#### SEEK HELP

that is available in the community. There are lots of different organisations that will be able to help.



#### LIST

all medications that you need. Use a pill box, or set alarms to remind you to take your medication at the right time.



#### RESEARCH

information on your type of brain injury to help you understand your condition. This will also help when speaking to others.

THINGS TO AVOID DURING RECOVERY

# ONCE YOU ARE HOME

- ▼ Take it easy whilst settling back into home life.
  Go at your own pace. There is no rush. Brain recovery is a long journey.
- ✓ Communicate with your family to help them understand.
- Don't expect too much of yourself. Take regular breaks and ask for quiet time when you need to.
- **Exercise if you can** and get plenty of fresh air.
- Get plenty of sleep every night. You may also need to take short naps during the day.
- Try to eat a balanced diet, with meals at regular times. Keep hydrated, and don't eat too late at night.
- ☑ Keep a diary of how you are feeling and any improvements that you have made.









### paulforbrainrecovery.co.uk

Wilberforce Health Centre, 6-10 Story St, Hull, East Riding of Yorkshire, HU1 3SA

Registered Charity Number: 1164620

