

GOING HOME AFTER ACQUIRED BRAIN INJURY

INFORMATION FOR PATIENTS

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.



“The move home was difficult for me. I wanted to get home, but once I returned, I felt vulnerable and frightened. The daily grind of letters coming through the door, and general life stresses, were overwhelming.”
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.



LIST

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



SEEK HELP

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



RESEARCH

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

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.

THINGS TO AVOID DURING RECOVERY



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