

HELPFUL INFORMATION FOR CARERS.

SUGGESTIONS RELATING TO YOUR NEWLY BRAIN INJURED FAMILY MEMBER OR FRIEND

- ❖ Talk about familiar people, names and places, interests and experiences the patient has had in the past.
- ❖ Talk about what is happening at home, your day at work etc.
- ❖ Use familiar photos of family, friends, pets and places visited. These should be large and clear.
- ❖ Take him /her outside whenever possible.
- ❖ Have a few family and friends visit regularly - not a large group at one time.
- ❖ Play the radio or T.V. for short periods of time and tapes of familiar sounds or music.
- ❖ Provide a calendar and clock - one without a sweep second hand is best.

AVOID FRUSTRATION

Stimulation is needed, but too much can be frustrating for example too many people talking at once or too much television. The person may be thinking in slow motion. Try to keep their environment quiet and calm.

KEEP CONVERSATION SIMPLE

- ❖ Ask simple questions.
- ❖ Speak slowly.
- ❖ Try to include them in the conversation.
- ❖ Give them time to respond.
- ❖ Speak to the patient as their age dictates.

KEEP IN TOUCH WITH THE REAL WORLD

- ❖ Try not to join in fantasies or repetitions. Try not to scold if they talk of imaginary things. However, do not act as if you see or hear what he/she is imagining.
- ❖ When they are wrong, say so, but talk in a matter - of - fact way.

ATTITUDES

- ❖ Look ahead, not back, and help the patient to do the same.
- ❖ Try not to laugh at the person and be patient.
- ❖ Remember no two brain injuries are the same, so try to avoid making comparisons.

(Based on ideas produced by The Institute of Physical Medicine and Rehabilitation, Peoria, Illinois.)

Try and remember to TAKE TIME OUT at regular intervals in order to re-charge your batteries.