

# BRAIN INJURY RECOVERY ROADMAP

## LATER RECOVERY

- ◆ Assess walking problems by asking for a referral to a [Gait Assessment Alignment](#)
- ◆ Find a form of self-expression: e.g., write, draw, paint
- ◆ Read articles and books about your disease and brain injury recovery
- ◆ Learn a new language

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## ONGOING RECOVERY

- ◆ Continue expanding life: e.g., volunteer
- ◆ Join reading, writing, art groups
- ◆ Participate in support groups, e.g. your state's brain injury association or rehab hospital
- ◆ Focus on how far you have come, vs. the distance left to go
- ◆ Explore new interests; half of brain injury survivors create new lives

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## EARLY RECOVERY

- ◆ Rest, sleep to heal brain
- ◆ Find support groups; e.g., [your state's brain injury association](#)
- ◆ Walk outdoors if able; check with PT for correct support equipment: i.e., hiking poles
- ◆ Try on-line movies for pain distraction if able
- ◆ Learn each med's purpose and adverse effects; adjust with doctor
- ◆ Ask for more physical therapy as needed
- ◆ Revisit bringing parts of your life back
- ◆ Set up systems for regular, challenging activities: e.g., med boxes, online bill paying
- ◆ Keep a journal to measure progress

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## MID-RECOVERY

- ◆ Pace yourself; limit activities
- ◆ Rebuild social contacts
- ◆ Ask for [Neuro-Psych Test](#) to assess brain injuries
- ◆ Ask for [Cognitive Rehab Therapy](#)
- ◆ Try brain games: e.g., Bananagrams
- ◆ Make an accommodation for anything that goes wrong: i.e., appointment alarms, reminder notes
- ◆ Ask for a Rehab doctor to manage your recovery