**Brain Injury Recovery Roadmap**

### 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

### 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

### 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

### 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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