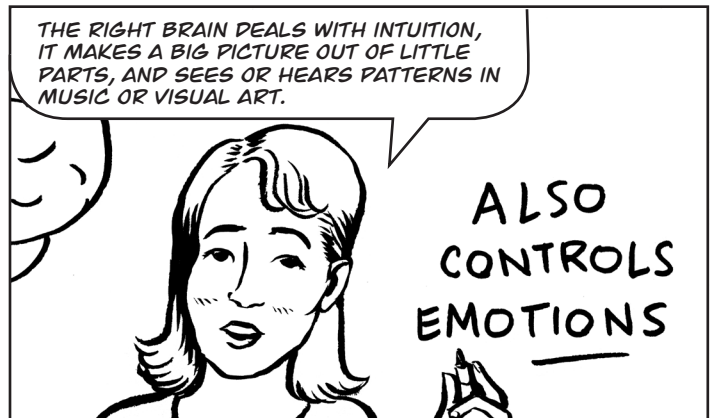
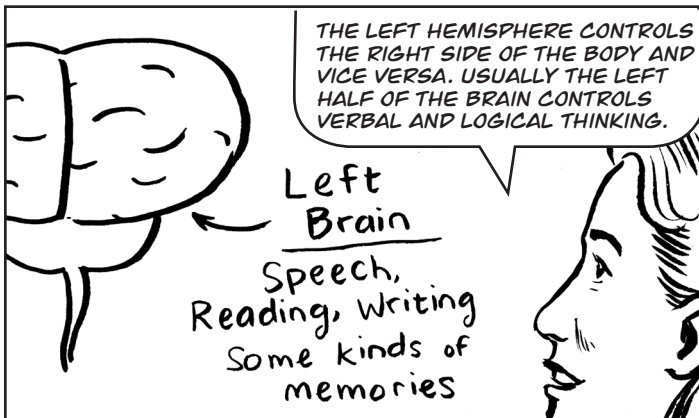
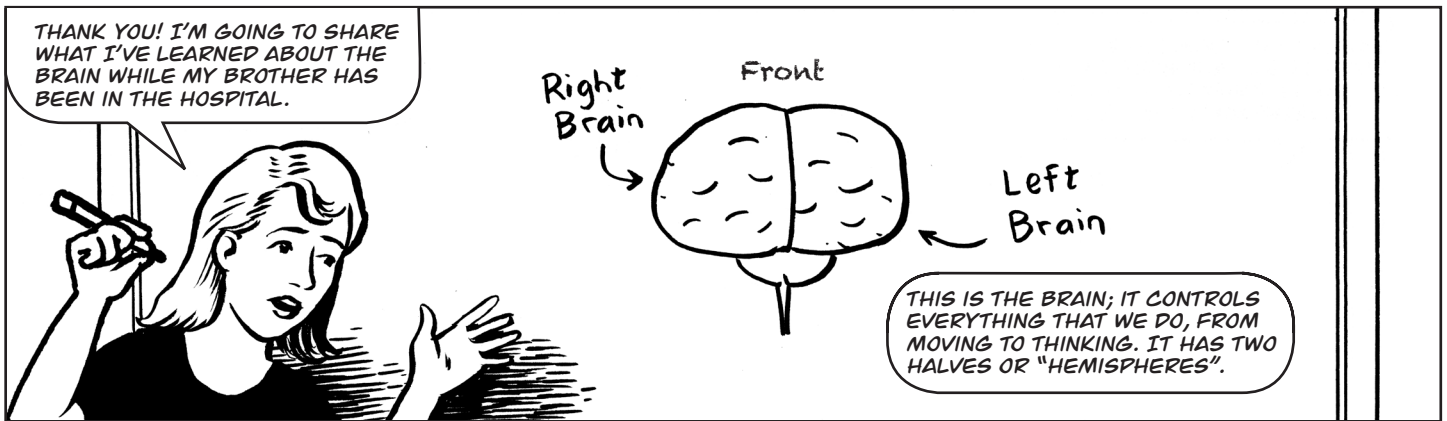


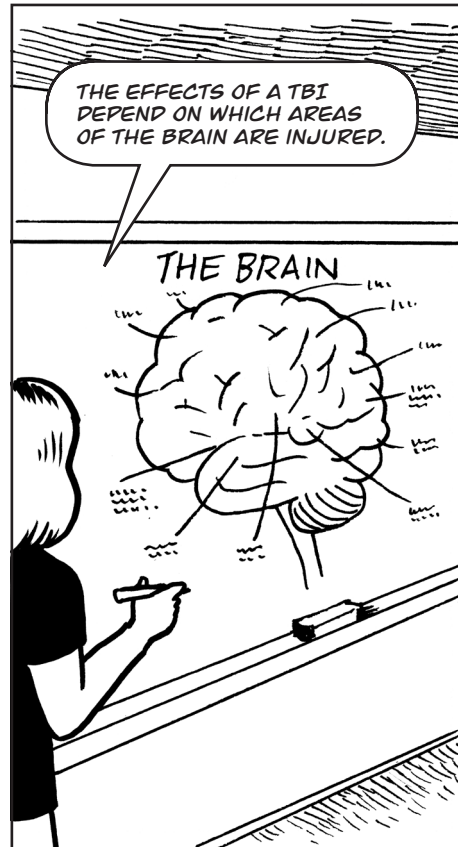
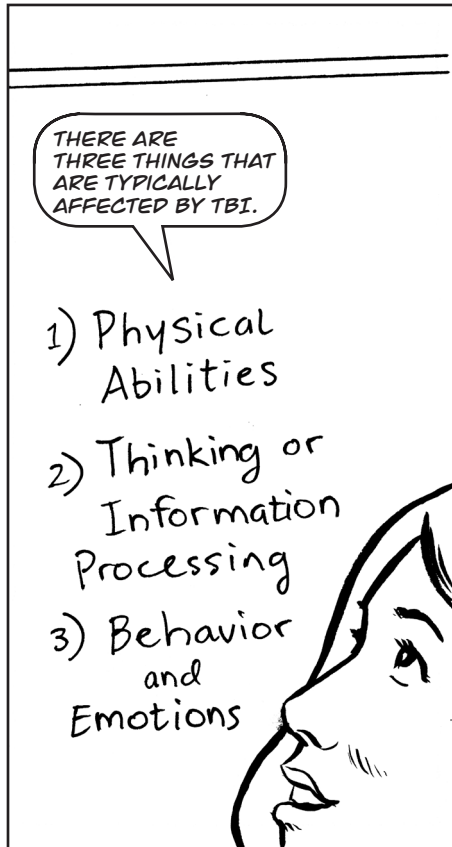
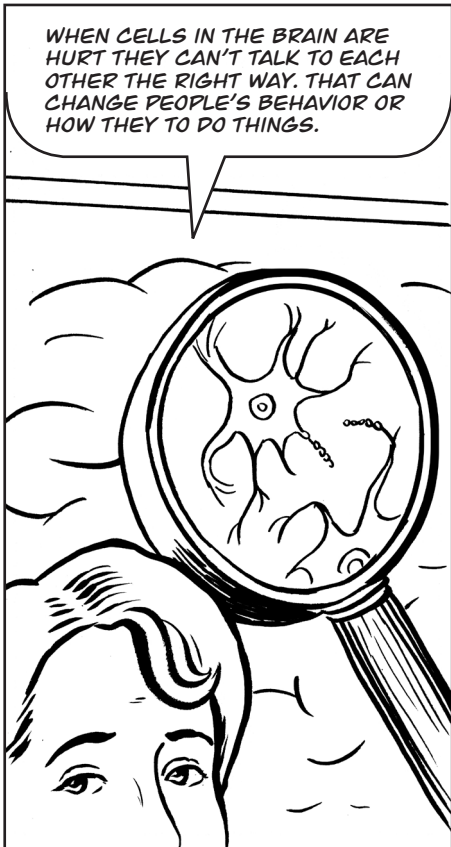
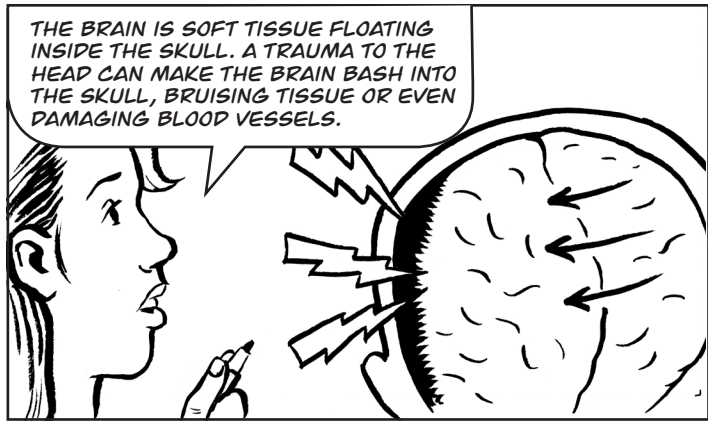
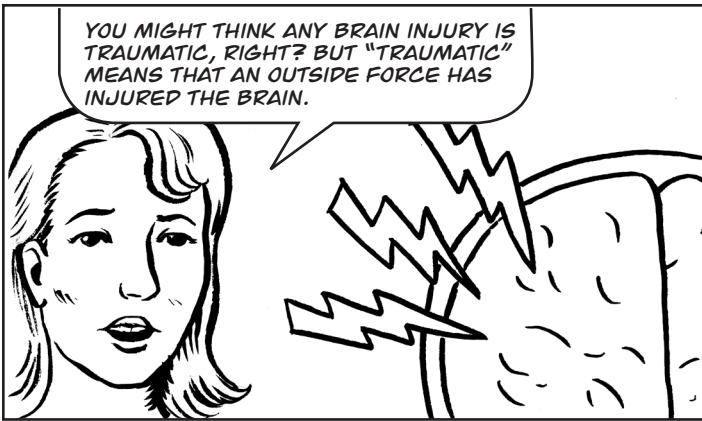
Understanding Traumatic Brain Injury: Part 2

RECAP FROM PART 1...

Mike is about to come home from the hospital, where he was on the inpatient rehabilitation unit because of his TBI. While he was there we met different therapists that he worked with and saw his family use the Problem Solving Method. People around him are starting to notice that he's acting a bit differently. His sister Sam is about to give a class presentation about what she learned while he was in the hospital.

LEARNING ABOUT TRAUMATIC BRAIN INJURY



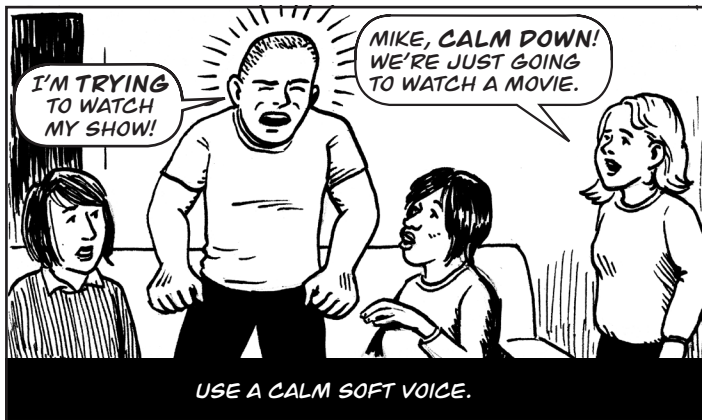
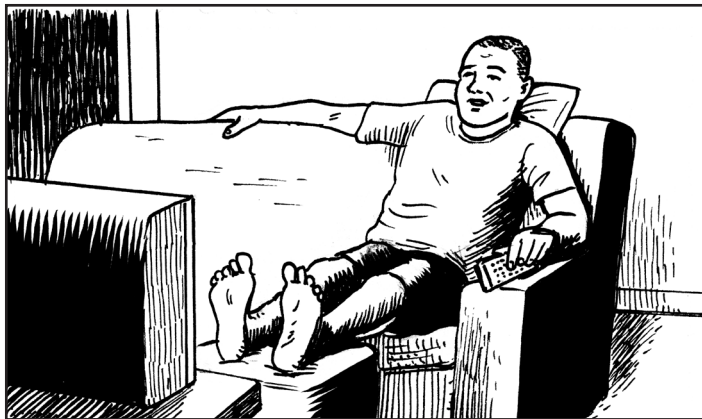


PREPARING TO MOVE BACK HOME





READJUSTING TO HOME-LIFE





AVOIDING OVERSTIMULATION

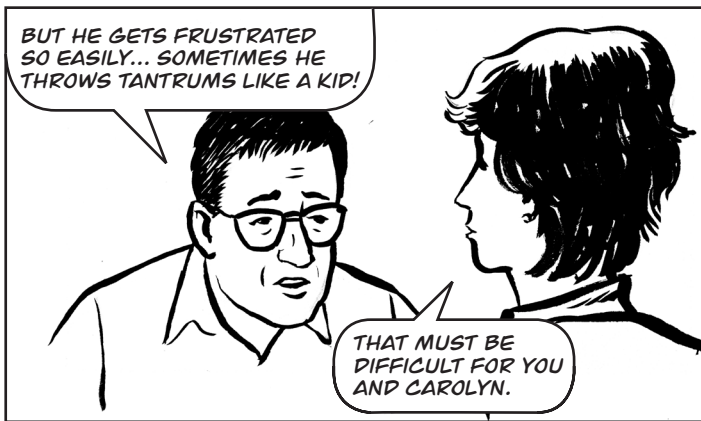
After a TBI agitation can be heightened by too much activity or stimulation. Here are a few ways to help. Some of these suggestions may not apply to your situation.

- Limit the number of visitors (1 or 2 at a time).
- Not more than one person should speak at a time.
- Use short sentences and simple words.
- Present only one thought or request at a time, and allow extra time for a response.
- Use a calm soft voice when speaking to the person.
- Keep stimulation to one sense (hearing, visual, or touch) at a time.
- Avoid crowded places like shopping centers or sports stadiums.

TBI AFFECTS THE WHOLE FAMILY

A TBI affects not only the person who sustained the injury, but the whole family. Some common problems experienced by families are having less time for themselves, changes in the roles that they play, feelings of loss, financial difficulties, communication problems, and lack of understanding or support from extended family and friends.

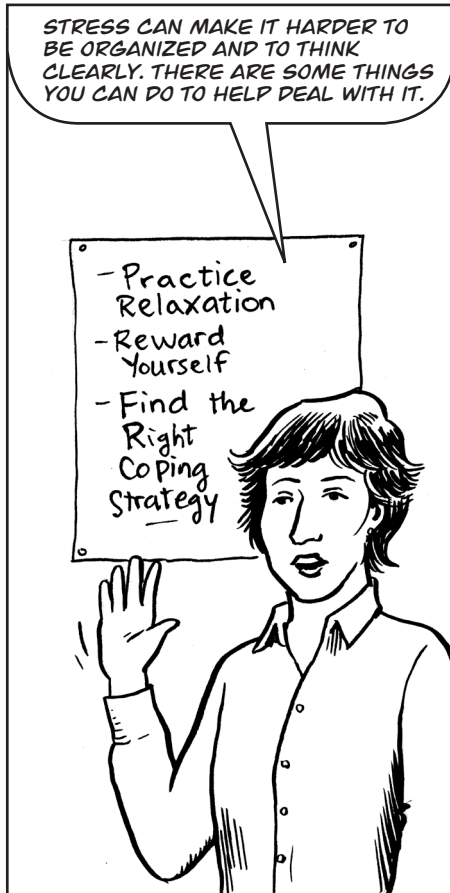
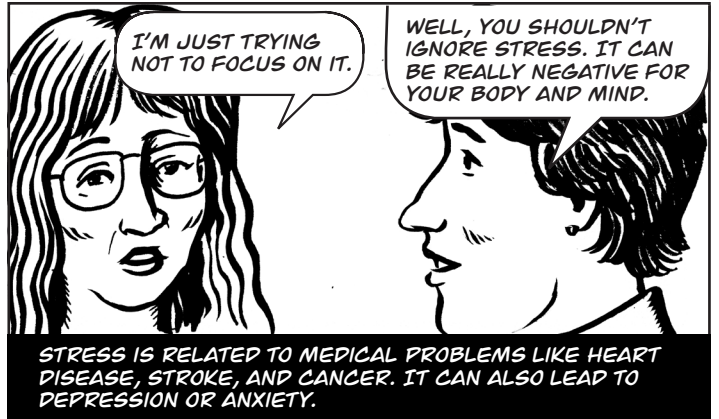


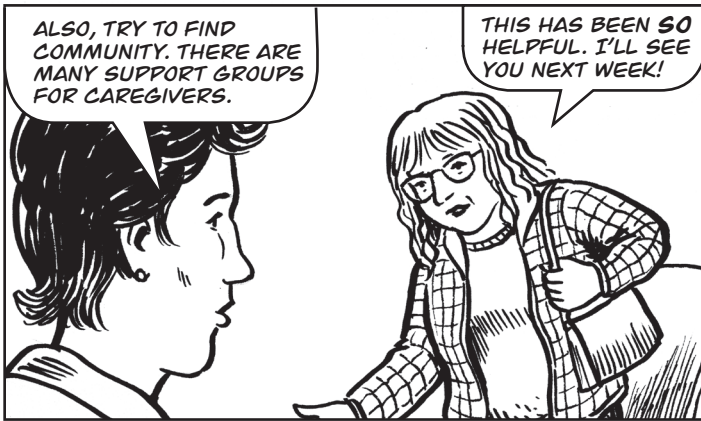
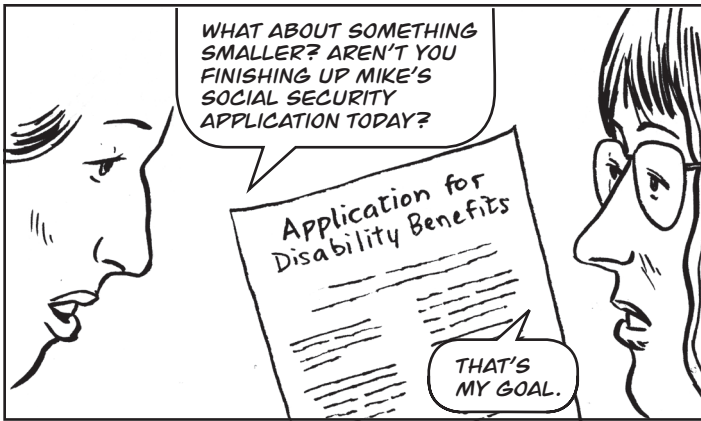


Ways to Respectfully Support a Person Who's Had a TBI

- Treat people like adults
- Respect people's preferences in regards to music, food, clothes, and entertainment
- Avoid making people feel guilty about mistakes or accidents, like spilling something.
- If the person has memory problems, explain an activity as simply as possible before you begin. Then as you go through the activity review each step in more detail.







SOURCE

The health information presented in this Graphic Fact Sheet is based on evidence from research and/or professional consensus and has been reviewed and approved by an editorial team of experts from the TBI Model Systems.

AUTHORSHIP AND ILLUSTRATION

Understanding TBI was illustrated by David Lasky, it was written by Silas James and Ayla Jacob. Portions of this InfoComic were adapted from the four part series of Consumer Information Pamphlets also titled Understanding TBI, which was developed by Thomas Novack, PhD, and Tamara Bushnik, PhD in collaboration with the Model System Knowledge Translation Center. Portions of this document were adapted from materials developed by the University of Alabama TBIMS, Baylor Institute for Rehabilitation, New York TBIMS, Mayo Clinic TBIMS, Moss TBIMS, and from "Picking up the Pieces After TBI: A Guide for Family Members", by Angelle M. Sander, PhD, Baylor College of Medicine (2002).

Funding for this project was provided by **Brain Injury Alliance of Washington; University of Washington; TBI Model System; Veterans Training Support Center; Washington State Department of Veterans Affairs; the Washington State Department of Social and Health Services; Washington State TBI Council; King County; and National Institute on Disability and Rehabilitation Research, Department of Education, Grant #H133A120028.**

