



Recovering on the ward after an ABI

"I went to the ward when I wasn't so poorly anymore. The nurses said I was going to go to the ward where things would be much better for me. I didn't like intensive care because I found it noisy and frightening and I didn't really understand all of the things that were happening. Mum seemed much happier I was going to the ward too.

I was there for about two weeks. I seemed to get better quite quickly although my legs are still a bit wobbly and so I need to go for physiotherapy. I'm going to go to rehabilitation for a bit too. Hopefully my walking will get better over time.

I made lots of friends on the ward and I still keep in contact with the nurses. They were really nice and friendly and helped me a lot – even when I felt sad and upset.

I'm glad I'm out of hospital, but I did meet some really nice people there. They helped me a lot."

