



Recovering on the ward after an ABI

"I spent a very long time on the ward after I came down from intensive care. I had been kept asleep for a long time because my brain was so poorly. I had a hard time coming off the medication and was in something called 'withdrawal'. This meant I was having funny symptoms coming off the painkillers and sleep medication. It got a bit better over time but was really frightening.

It took me a long time to wake up properly and when I did, I could only watch television for five minutes or talk to my Mum for a bit before I needed to go back and have another sleep. I didn't think I'd ever get out of hospital; it took forever.

As I finally woke up a bit more, I started talking to the nurses. They really made me laugh and helped me whenever I needed help with something or was in pain. There were lots of nurses and I found it hard to remember who everyone was but they made me laugh and helped whenever they could.

I made a few friends there too and used to watch them play on the Playstation when I felt a bit better.

It took me a long time to try and get enough energy to walk again. The physiotherapists would come every day and help me do gentle exercises in bed so that I could start to build the strength up in my legs. I got walking eventually.

I was on the ward for nearly a month! I was very poorly. The doctors and nurses decided that I could go home and start doing some normal things but that I would need a lot of help. They said I would need to be patient as getting better at things was going to take time. They decided I'd do well by going to a rehabilitation centre. They sent me to a place called Tadworth which is a special rehabilitation school. You can read more about that in the next section."

