



**mike**

## What does rehabilitation mean?

“When I was in hospital, I heard the nurses say I was going to rehabilitation. I had no idea what they meant. I just wanted to go home.

I was still having problems with headaches and at times I was still being disinhibited. This was hard as I didn't really know when I was doing things wrong.

The nurses said that rehabilitation would help me learn to adjust to my ABI. They told me that there is a group of people at the rehabilitation centre who could help me with the things that I was having problems with. Rehabilitation helps you relearn many of the things you could do before your ABI, like walking or talking again. Sometimes you can't get all your old skills back, but they do the best they can.

I asked the nurses if I could stay in hospital until they had helped me adjust but they said that they only really look after people who were sick.

It was hard for me when I realised that I wasn't sick anymore, just different. I knew I had changed but didn't really know why.

Rehabilitation was going to help me out!”

