



mike

Finding a rehabilitation centre

“I ended up going to The Children's Trust in Tadworth for my ABI rehabilitation. There was lots I needed help with so I moved into one of their residential homes. It was really nice and had everything I needed.

Everyday there were lots of different things for me to do. I had to see many different people including therapists, nurses, medical and care staff and teachers.

Each day I had a special programme of things to do. It helped me work on some of my problems like disinhibition. Because everyone knew what having an ABI was like, everybody was really understanding. I even made some friends.

Each day, the staff would help me work on something I was having problems with. It took a while but I could start to see the improvements. It also stopped me from hurting myself again and they kept me safe so that I was free to concentrate on getting better.

When I started to improve, I got plenty on encouragement and this helped me to remember what to do the next time. I became less disinhibited and I coped with stress better so a lot of my headaches went away.

My mum also liked everyone at The Children's Trust because they helped her with all sorts of worries she had. She coped much better with my ABI after that too.

Going to rehabilitation was the best thing that could have happened to me! It didn't seem like that at the time but I'm really glad I went now! The rehabilitation team also worked with my family to help them come to terms with my new needs.“

