



mike

Tiredness and fatigue after ABI

"I spent a very long time in hospital when I first had my accident. I was very sick and the doctors had to give me lots of medication so that my brain was really calm. I was on so much medicine I had to be weaned off it gradually. I felt tired for so long after it was unbelievable! I even found the nurse taking my blood pressure and saying 'hello' was really tiring.

It took a long time to learn to walk again because even sitting up was tiring. When the physiotherapist tried to get me out of bed I was even more exhausted! I had to spend a lot of time in rehabilitation.

When I finally got home, I had a few weeks to adjust to just being at home again. This was tiring too but nowhere near as bad as physiotherapy. It was cool seeing my friends again and sleeping in my own bed. I felt like I was slowly getting back to my old self.

I started school about a month after. It was really hard. I had to rush to get ready in the morning whereas before I could take my time. When I got to school all the kids were talking to me. It was really difficult to pay attention. I had to come home at lunchtime because all that talking was making me tired. It got better after a long while. I still get tired now but not as badly. There are little improvements each week."

