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Feeling confused after ABI

There is nothing worse than everyone knowing what is going on and you are the only one who doesn't. Feeling confused can be really tough and can lead to frustration. Maybe you understand most of the things that are happening but don't get some of the other things that are happening to you. Maybe you are confused about everything and can't seem to make any sense of it at all.

Here are a few things you might be confused about

- **The accident or getting sick:** When you first had your accident or got sick you were too ill to remember anything that happened to you. If you have had an accident you may remember one or two things about what happened but you might find it all seems a bit weird and you don't know how it happened
- **Being in intensive care:** When you were really sick, you would have been given lots of medication in intensive care to help you and your brain recover. The medicine would have made you forget certain things and you would have spent a long time asleep. You won't remember much about intensive care but you might have the odd frightening nightmare or remember strange things about being in hospital. This can be very confusing too.
- **Waking up and feeling funny:** If you can't remember much about the accident or falling ill, it may be really confusing to wake up and realise that you are so sick. Maybe you couldn't speak or move about and you don't really understand how you ended up in hospital and why you are so poorly. This can be really frightening.
- **People have changed:** It is not unusual to feel confused because people react differently towards you or people that you used to like before you aren't so keen on now. There can be many different reasons for this.
- **Things have changed.** Maybe you loved to do certain things before your head injury. You may find that since your ABI you don't like doing the same things and this can be really confusing.

Why do I feel confused?

There are many reasons as to why you are confused. A big reason is because the brain has had a nasty injury and the brain is still taking time to adjust. Damage to any part of the brain will leave your brain feeling a bit stunned. It will take it a while to figure things out again, so in the meantime it is normal to feel confused.





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What can I do?

Feeling confused can be very frustrating. Sometimes you just want somebody to give you all the answers so you can get back to normal. Maybe you have problems with your memory. This can be tricky too because you may have figured out the answer to a problem yesterday but have forgotten the answer today. There are things you can do but you may need some help from other people in the meantime.

- Talk to someone who understands such as a nurse, parent or support worker
- You will have lots of questions whenever you feel confused and so it is always really helpful to ask someone around you what is going on. At home you can ask your parents or brothers and sisters, at school you can ask your friends or teachers.

Over time your confusion will get better. Be patient with yourself because it may take some time to begin with.

