



Will I ever be independent after my ABI?

"I am worried like Mike used to be. It seems to be such an uphill struggle at the moment. Some days my legs work, other days they don't. I feel like I'll be in my wheelchair forever and sometimes I feel that it stops me from doing the things I want to do.

Mum says I really need to be patient and see what happens at physiotherapy and rehabilitation. That is really frustrating and easy for her to say because she isn't in the wheelchair.

I'm going to stick to my rehabilitation programme and try and think like Mike does. I'll have to start with little things and build up my confidence and independence slowly. Being patient is going to be tough though!"

