



**nurse
anna**

Being independent after your ABI

Everyone gets scared about what the future holds and many people have the same sorts of worries that you do. For the time being, you don't have to worry about doing anything on your own. You will have people who want to help you become as independent as possible.

Everyone's ABI will affect them differently. No-one can say: 'you will be perfectly fine in time and you will get your independence back' because they can't be certain. What people can do is help you on the road to recovery and hopefully you will get your independence back when you are good and ready.

Rehabilitation is great for many reasons. When you first hurt your head rehabilitation can help you get back on your feet. Rehabilitation can help you re-learn former skills and help you find new ways to cope with things you can't do so well. Rehabilitation helps you stay happy and healthy and teaches you how to learn things and interact with people again. It will help you to adjust.

Rehabilitation within the first six months of hurting your head can really help. That's why people get confused when you start off making good progress and do really well and then seem to slow down again. Rehabilitation is a slow process and you will see different improvements at different times. This can take years and sometimes people can still be adjusting two, five, and even ten years after hurting their head.

When you are in rehabilitation there are lots of different people there helping you. When you start to make big improvements you will probably leave rehabilitation but you will find that your family and friends will still be there to help you. Everyone is different, and independence can develop over time. It won't be exactly the same as it was, but you will get to the stage where, with a little bit of help and good planning, you will be able to do some of the things that you want to.

