



What, realistically, can I do after my ABI?

Tips on keeping expectations realistic

Here are some things for you to think about. Maybe you could discuss them with your family, teacher or careers advisor. It might help you get some ideas on how your ABI is affecting you and how it is affecting your ability to do things and achieve your goals.

Thinking about these sorts of things might help you to see if your goals and dreams can be achieved, or the sort of help you might need to achieve them. At first this can be a hard thing to do but over time you will see it is always best to focus on what you can do, not on what you can't do.

Try and bear this in mind: adults change their mind on what they want to do in life all the time. Even if you can't do what you originally wanted to do there are still plenty of interesting and exciting things for you to choose from. Have a think about:

What happened to my brain?

1. Which part of my brain did I hurt and what does this mean? What are the problems I have now?
2. Have my problems got any better?
3. What do I still struggle with? Is there anything that can be done to help?

What do I want to do?

1. What have I always wanted to do? Think of some things that you have always wanted to do. This may be jobs or could be something fun like going on holiday somewhere.
2. Do any of my problems from my ABI stop me from doing this?
3. Will these problems be long-term or short-term?





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What do I like doing?

1. What do you really enjoy doing? Maybe you have a hobby or an interest in something.
2. Are there any jobs or courses that are connected to my hobby?

These questions might help you think of some other things you might like to do.

