

A GUIDE TO POSSIBLE CHANGES AFTER BRAIN INJURY

FOR SCHOOL-AGED CHILDREN AND ADULTS

This guide was designed to help people watch for changes that *may* follow a brain injury.

Changes after brain injury may happen even years after the person's treatment ends, whether they completed rehabilitation, hospitalization, etc. This guide gives ideas about how to address these changes. It will also give tips for keeping your brain healthy throughout your life.

Keep this guide handy in case there are questions or concerns.

OUTCOMES AFTER BRAIN INJURY REHAB ARE DIFFERENT FOR EVERYONE



THEY WILL DEPEND ON MANY THINGS INCLUDING:

- ⚙️ Injury severity/Types of changes
- ⚙️ Support from family and friends
- ⚙️ Motivation to improve and ability to adapt to changes
- ⚙️ Mental health (ie depression, anxiety)
- ⚙️ Age at the time of injury
- ⚙️ Complications (things like infections, seizures, other injuries, etc.)
- ⚙️ Supports for transitioning to home or work (employer, transportation, etc.)
- ⚙️ Funding for rehab/Length of rehab/Willingness or ability to participate in rehab

There is no cut-off date for brain injury recovery. Positive change can continue for years. Improvement happens quickly for some people and more slowly for others. Some people may have negative changes over time or as they age. Some negative changes can be prevented by the choices you make today.

THINGS TO WATCH FOR IN CHILDREN

Your child's immediate physical injuries may heal quickly, but they may continue to struggle in other areas. The changes in these other areas can be hard to see if you don't know what you are looking for. Consider whether the following types of problems may be related to the injury.



Academic (School) Changes: Falling behind in class, difficulty learning new information, putting off school work, forgetting assignments, leaving items behind at school, trouble saying or writing what they mean

Social Changes: Losing friends, difficulty making new friends, not knowing how to act or speak in different situations, not understanding facial cues or social skills (like knowing it is time to end a conversation or that they are making someone uncomfortable), acting younger than their friends, laughing or crying too easily

Behavior Changes: Not acting like themselves, getting into fights, acting without thinking first, making poor decisions, making inappropriate sexual comments, using abusive words or tone, letting friends talk them into doing the wrong things, letting others mistreat or abuse them, alcohol use disorder, drug use disorder, trouble with the law

Physical Changes: Pain, a physical change from the injury that gets worse, reaching developmental milestones more slowly, sleep changes

Mental Health Changes: Becoming depressed or anxious, difficulty coping with change or handling stress, worrying at night and not sleeping, pushing friends and family away, spending too much time alone, doing things to hurt yourself, feeling stuck or unmotivated, developing addictive behaviors

See Suicide Warning Signs: <https://www.tn.gov/health/health-program-areas/fhw/vipp/suicide-prevention/warning-signs.html>

THINGS TO WATCH FOR IN ADULTS

See the list for children. Most are the same for adults, too.

Watch for those and other changes:

Work: Trouble at work, unable to complete tasks as before, being fired from jobs, moving from one job to another

Finances: Making poor money decisions, buying before thinking, borrowing money, making late payments

Relationships: Struggling to keep healthy relationships with family, friends and co-workers, being verbally, physically, emotionally or sexually abusive in a relationship, being taken advantage of in a relationship, being very needy

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What To Do If You See Changes In Yourself or Family Members



What you do depends on what you see happening.

Teach A Skill: The person may just need to learn or relearn how to do the things that are difficult (tying a shoe, using an escalator, starting or stopping a conversation, learning how to do a type of math problem or learning how to use a computer or device, learning a new task at work).

Teach A Strategy: A strategy is a way to do something that is difficult in a different way. For example: using a thick pen to help handwriting, using an outline to organize writing, using a checklist to remember steps or items, using a brace to help with pain or weakness, using a notebook, telephone app or post-it notes to help memory.

Talk To The Teacher: The teacher can help figure out what to try in the classroom or next steps within the school. Options might be extra help, a tutor, a 504 Plan or an IEP (Individualized Education Program). Even if your child had an IEP in the past and “graduated” from it, it may be a good choice again now. If the child doesn’t qualify for the services in school, you can look to get help privately.

Talk To Your Human Resource Specialist, Your Work Supervisor or Co-Worker: Dealing with problems at work can be tricky. First you need to decide if and how to disclose (tell someone about) your injury. Meet with your Human Resource Specialist (HR) to get started. HR can help communicate with your supervisor. The supervisor may not know how to help or may not understand brain injury. HR can educate your supervisor on brain injury and your needs. You are entitled to “reasonable accommodations” for your disability under the Americans with Disabilities Act. These accommodations might include: installing a ramp, providing screen reader software, adjusting a work schedule, providing written instructions, noise cancelling earplugs. In some jobs, you can make changes without asking the employer. Maybe you can turn off your private office light, turn down the brightness on your computer, or close the door. Make any changes that you know you can make on your own. Work with your employer to make other changes. Set up your work environment so you can be successful. See askjan.org for more brain injury accommodations.

Seek Symptom-Specific Treatment: Take control of your own health. Keep a list of things that help you and things that worsen your symptoms. Sharing this list may also help a **symptom specialist**. Treatment can be helpful even years after an injury. Demands in your life can change. These changes can make it a good time to get a “tune-up” that fits your symptoms. If you are not sure who to go to for your issues, you can ask your doctor. It will probably be best to see someone who understands brain injury.

SPECIALISTS & THEIR SYMPTOM-SPECIFIC TREATMENT

Specialist	Symptoms
Physical Therapist	Pain and tightness, balance changes, weakness, reduced stamina
Occupational Therapist	Difficulty with a life task like cooking or budgeting, fine motor changes like trouble writing or texting, vision changes
Speech Language Pathologist	Difficulty communicating in a new environment, poor social skills, difficulty with thinking skills, changes in swallowing
Neurologist	Migraines, dizziness, pain management, sleep disorders, seizures
Neuro-ophthalmologist	Vision issues related to the injury
Counselor	Depression, anxiety, help adjusting to new circumstances, feeling overwhelmed or alone, behavioral problems
Neuropsychologist	Difficulty with cognitive (thinking) abilities, depression, anxiety, and behavioral issues (may provide counseling or work with a counselor and other specialists)
Chiropractor	Back and neck pain, headaches
Support Groups	Find support from other people who understand brain injury. For support groups in Tennessee, see: https://www.tn.gov/health/health-program-areas/fhw/tbi/contact.pdf There are also in-person and virtual support groups for specific symptoms like seizures, decreased balance and migraines.
Medical Doctor	Your doctor can help with sudden medical issues that come up and can help you figure out who to go to for your symptoms. When going to <i>any</i> doctor for <i>any</i> reason, tell them about the brain injury. The new problem could be related.
Vocational Therapist or State Vocational Rehab Counselor	Help with work issues, including the return to work and keeping a job. TN Vocational Rehab: https://www.tn.gov/humanservices/ds/vocational-rehabilitation.html WorkAbleTN: https://www.tndisability.org/workabletn



COMMUNITY SUPPORT

Keeping supportive people in your life is very important. We all need people around us. Some ways to do that are to:

- Become part of a spiritual or social group.
- Join a group that does a fun activity like bowling, quilting, hiking or reading.
- Stay connected to friends in person, by phone or computer apps.
- Connect with other people with brain injury in safe, private online groups to learn from others.

KEEP YOUR BRAIN HEALTHY

Keeping our brains healthy is important for everyone, and it is extra important for people who have had a brain injury. Proven things you can do to keep your brain healthy:

- 🧠 Eat healthy foods like fruits, vegetables, whole grains, nuts, seeds, and beans. Use healthy fats like avocado and olive oil. Avoid or limit dairy, meat and processed (junk) foods.
- 🧠 Get regular exercise that raises your heart rate like fast walking, running or dancing.
- 🧠 Get enough sleep for your age. Children, including teens, need more sleep than adults.
- 🧠 Use natural cleaning and health care products.
- 🧠 Do not smoke, vape, drink alcohol or use drugs.
- 🧠 Be social - stay connected to friends and family.
- 🧠 Continue to learn new things that interest you.
- 🧠 Take care of your mental health.
- 🧠 Avoid another injury - see below.

For more information on Brain Health, see <https://www.tndisability.org/brain-health>



PREVENTION

It is very important to prevent another injury from happening. People who have had a brain injury are more likely to have another. Make good decisions about social interactions and safety. Avoid rough sports and activities. With any activity, think first about how to avoid another injury. **Always** wear a helmet when needed and **always** wear a seatbelt.



EXPECT THE BEST, PLAN FOR THE BEST...BUT BE ARMED WITH KNOWLEDGE



FREE RESOURCES

Tennessee Resources

Tennessee Traumatic Brain Injury Service Coordination Program:
<https://www.tn.gov/health/health-program-areas/fhw/tbi/support-groups.html>
help with referrals, insurance issues and more

Dial **988** for the Suicide & Crisis Lifeline or you can text to **988**; 988lifeline.org to chat with someone.

Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) for help with treatment

Behavioral Health Safety Net and substance use Continuum of Care.

<https://www.tn.gov/behavioral-health/bhsn.html>

<https://www.tn.gov/behavioral-health/substance-abuse-services/treatment--recovery.html>

Empower Tennessee: <https://empowertennessee.org/>

Brain Links: <https://www.tndisability.org/brain>

Family Voices of Tennessee:

<https://www.tndisability.org/family-voices-tennessee>

families supporting families of children with special healthcare needs, chronic illnesses or disabilities

kidcentral tn - <https://www.kidcentraltn.com>

School and Work Resources

Support and Training for Exceptional Parents: <https://tnstep.info/>
help parents with support and training for a child's educational needs

WorkAbleTN: <https://www.tndisability.org/workabletn>

Center on Brain Injury Research and Training (CBIRT):
<https://cbirt.org/>

Job Accommodations Network: <https://askjan.org/>

National Resources

BrainLine Website: <https://www.brainline.org/>
information on living with brain injury

Brain Injury Associations of America: <https://www.biausa.org/>
national resource on brain injury

Psychology Today:
<https://www.psychologytoday.com/us/therapists/traumatic-brain-injury>
to get help or find a local counselor/therapist

