

RETURNING TO A PROGRAM AFTER A CONCUSSION

Return to Home, Community-Based & Residential Services

DEAR PROGRAM STAFF:

This letter offers input from a healthcare provider with experience in treating concussion, a type of traumatic brain injury. This letter helps program providers and their caregivers support people **returning to an adult program after a concussion**. Use these recommendations to make decisions about support for your person based on his or her specific needs. Most people will only need short-term support as they recover from a concussion.

_____ was seen for a concussion on _____
Name Date
In _____ office or clinic.
Healthcare Provider's Name

The person is currently reporting the following symptoms:



Physical

- Bothered by light or noise
- Dizziness or balance problems
- Feeling tired, no energy
- Headaches
- Nausea or vomiting
- Vision problems



Thinking or Remembering

- Attention or concentration problems
- Feeling slowed down
- Foggy or groggy
- Problems with short or long-term memory
- Trouble thinking clearly



Social or Emotional

- Anxiety or nervousness
- Irritability or easily angered
- Feeling more emotional
- Sadness



Sleep

- Sleeping less than usual
- Sleeping more than usual
- Trouble falling asleep

The person also reported these symptoms:

- Based on their current symptoms, the person is **cleared to return to program** activities while the person is closely monitored by program providers.
 - Observe and check in with the person for the first two weeks, and note if symptoms worsen.
 - If symptoms do not worsen during the activity, then this activity is okay for the person.
 - If symptoms worsen, the person should cut back on time spent engaging in that activity.
- Tell the person to update program providers and caregivers if symptoms worsen.

The following changes may be helpful until symptoms improve:

(NOTE: Making short-term changes can help people with concussion return to their regular routine more quickly. As the person begins to feel better, you can slowly remove these changes)

- Shorten the program day or time spent in activities
 - Allow for more frequent breaks
 - Provide extended time to complete tasks
 - Allow for a quiet place to take rest breaks throughout the day
 - Give _____ as needed for headaches/pain
 - Allow person to wear sunglasses or hat if bothered by light
 - Allow person to wear earplugs or headphones if bothered by noise
 - Other:
-

Most people with concussion feel better within a couple of weeks. However, for some, symptoms can last a month or longer. **If there are any symptoms that are concerning or are getting worse, notify the caregivers that a healthcare provider should see the person as soon as possible.**

If you see any of the following Danger Signs, call 911 immediately:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Unusual behavior (for this individual)
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Healthcare Provider's Name (printed)

Healthcare Provider's Signature

Date

For additional questions, you can reach me at: _____



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Brain Links is supported by the Administration for Community Living (ACL) by the U.S. Department of Health and Human Services under Grant NO 90TBSG0024-01-11 and in part by the TN Department of Health, Traumatic Brain Injury Program.