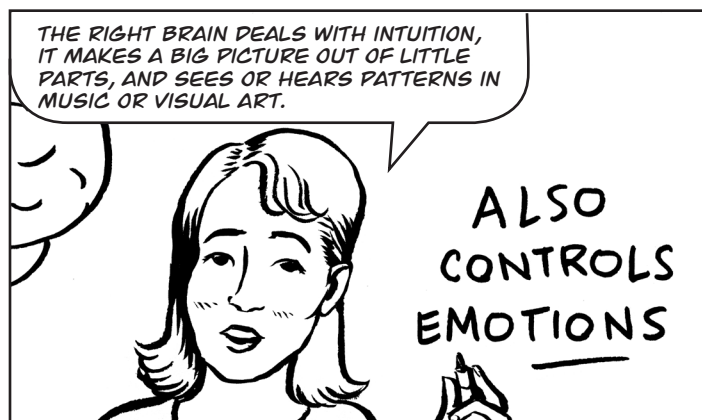
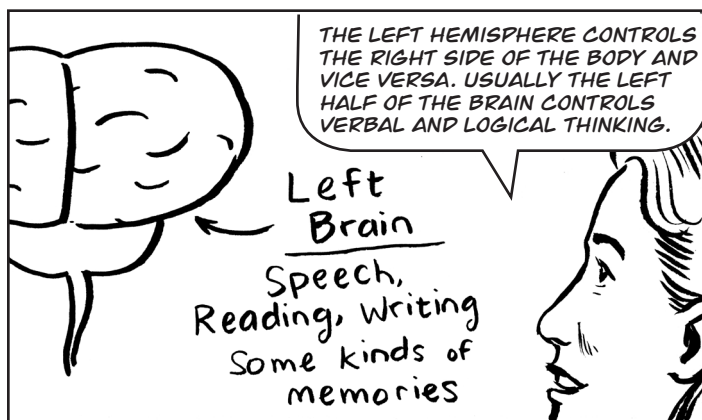
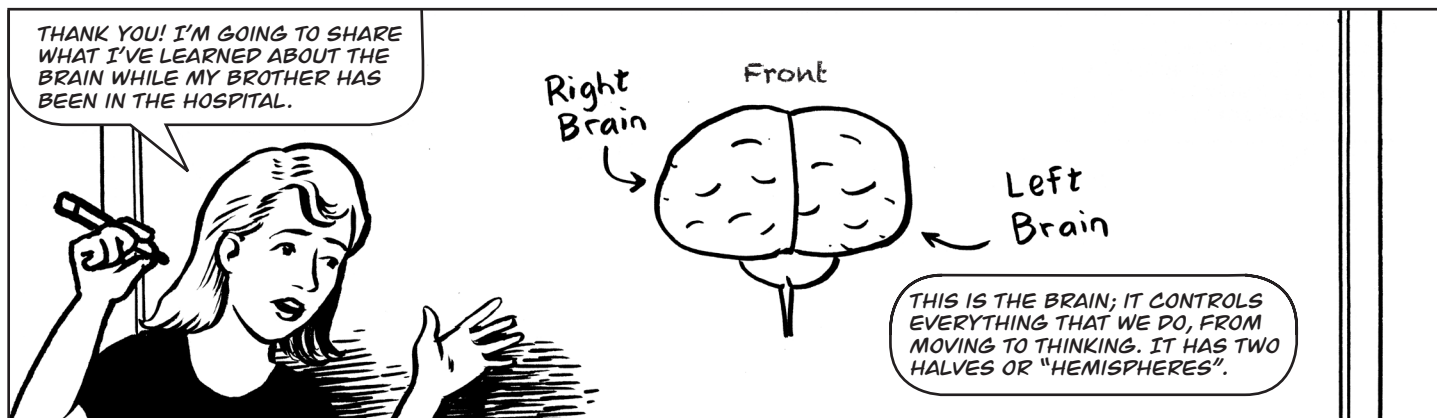


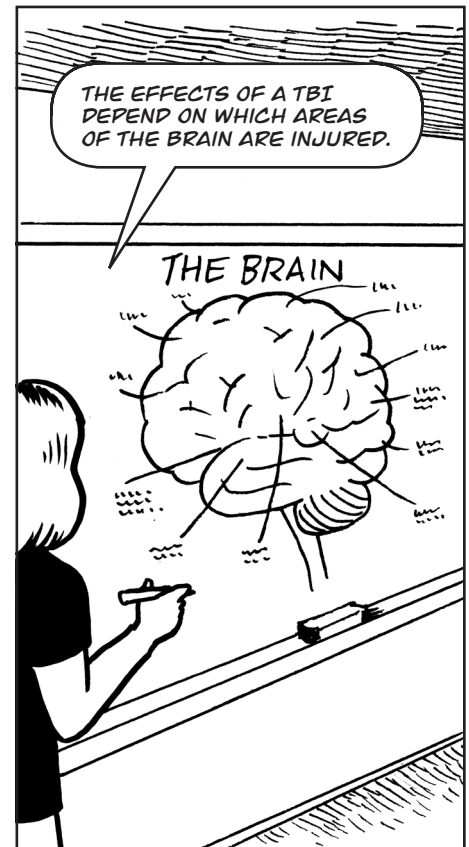
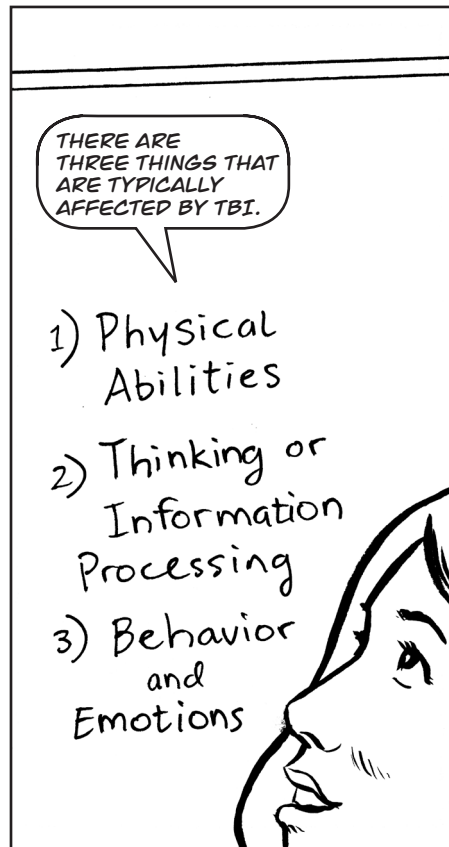
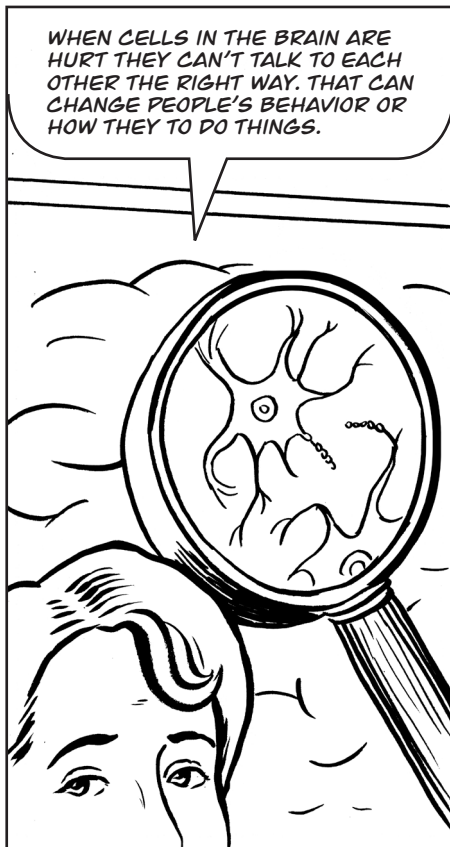
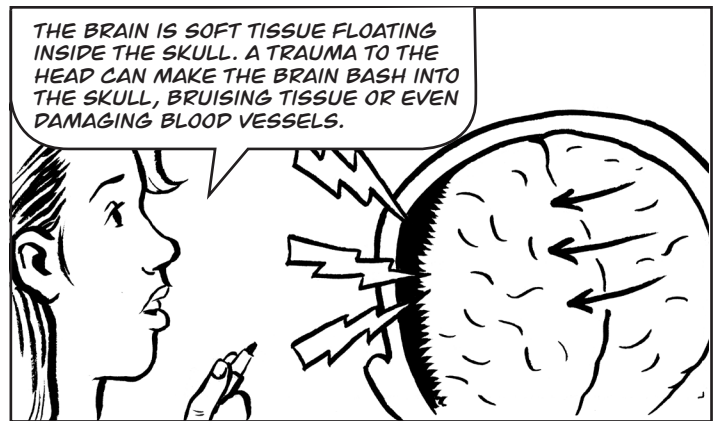
Understanding Traumatic Brain Injury: Part 2

RECAP FROM PART 1...

Mike is about to come home from the hospital, where he was on the inpatient rehabilitation unit because of his TBI. While he was there we met different therapists that he worked with and saw his family use the Problem Solving Method. People around him are starting to notice that he's acting a bit differently. His sister Sam is about to give a class presentation about what she learned while he was in the hospital.

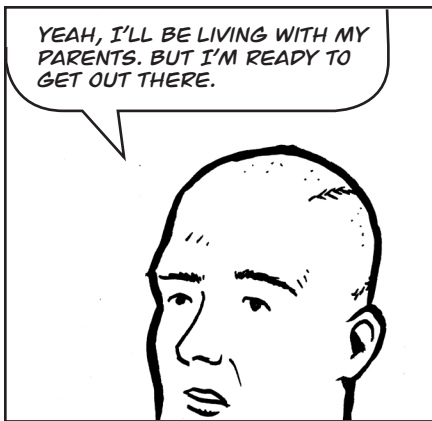
LEARNING ABOUT TRAUMATIC BRAIN INJURY



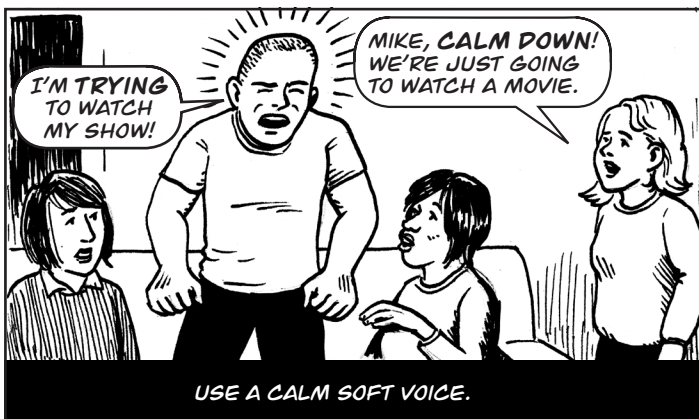
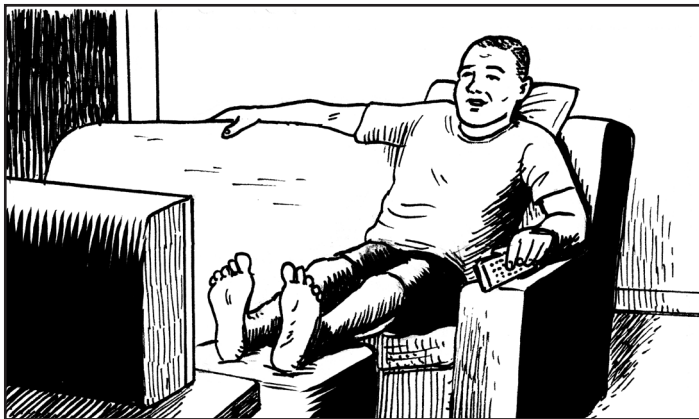


PREPARING TO MOVE BACK HOME





READJUSTING TO HOME-LIFE





AVOIDING OVERSTIMULATION

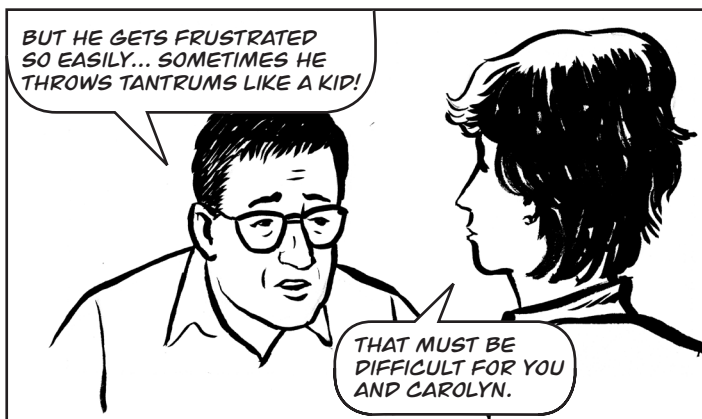
After a TBI agitation can be heightened by too much activity or stimulation. Here are a few ways to help. Some of these suggestions may not apply to your situation.

- Limit the number of visitors (1 or 2 at a time).
- Not more than one person should speak at a time.
- Use short sentences and simple words.
- Present only one thought or request at a time, and allow extra time for a response.
- Use a calm soft voice when speaking to the person.
- Keep stimulation to one sense (hearing, visual, or touch) at a time.
- Avoid crowded places like shopping centers or sports stadiums.

TBI AFFECTS THE WHOLE FAMILY

A TBI affects not only the person who sustained the injury, but the whole family. Some common problems experienced by families are having less time for themselves, changes in the roles that they play, feelings of loss, financial difficulties, communication problems, and lack of understanding or support from extended family and friends.

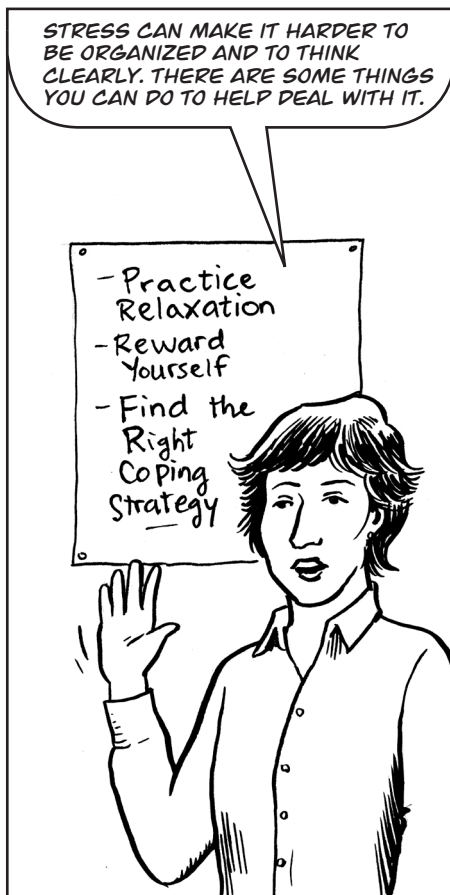
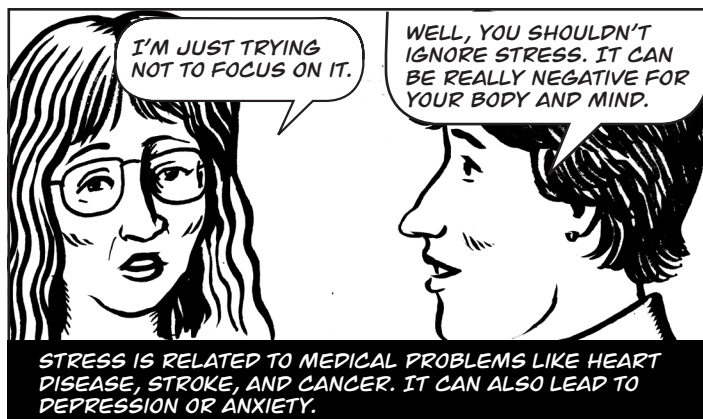


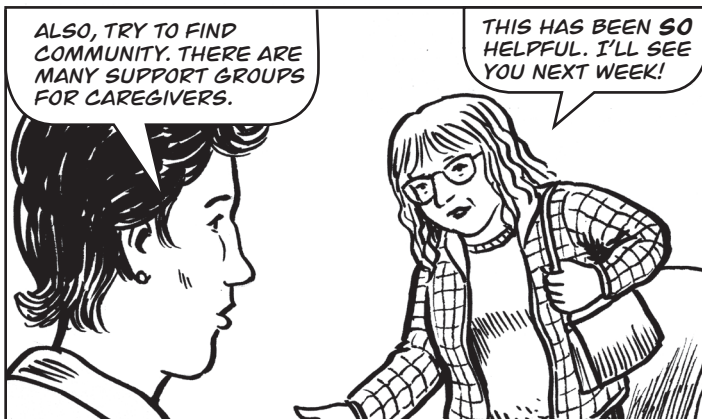
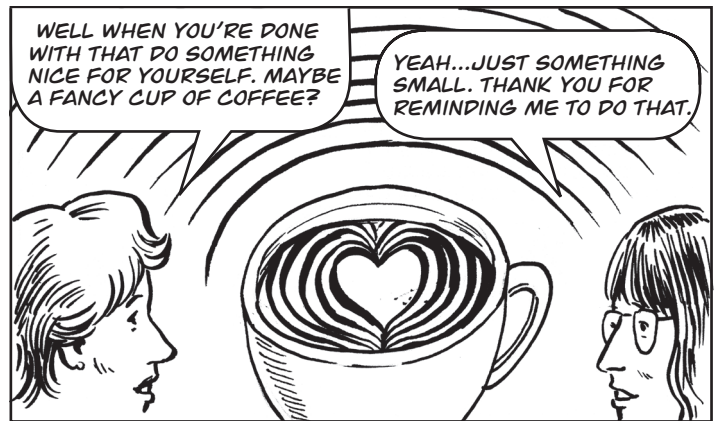
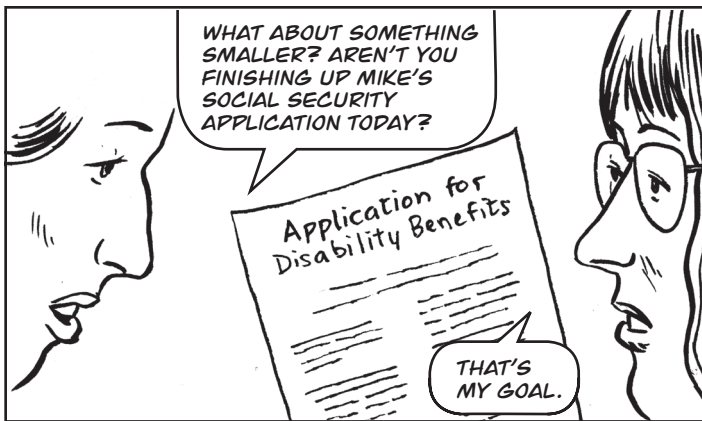


Ways to Respectfully Support a Person Who's Had a TBI

- Treat people like adults
- Respect people's preferences in regard to music, food, clothes, and entertainment
- Avoid making people feel guilty about mistakes or accidents, like spilling something.
- If the person has memory problems, explain an activity as simply as possible before you begin. Then as you go through the activity review each step in more detail.







AUTHORSHIP AND ILLUSTRATION

This infocomic was written by Silas James and Ayla Jacob and illustrated by David Lasky, in collaboration with the Model Systems Knowledge Translation Center.

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Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of this infocomic were developed under grants from the National Institute on Disability, Independent Living, and Rehabilitation Research (grant numbers: 90DP0031 and 90DP0082). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infocomic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the federal government. Funding for this infocomic was also provided by Brain Injury Alliance of Washington; University of Washington; Veterans Training Support Center; Washington State Department of Veterans Affairs; the Washington State Department of Social and Health Services; Washington State TBI Council; and King County.

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