

Physical health and communication

There are several treatments available to help manage physical symptoms after a brain injury. Some treatments may include physical therapy and exercise, vision and vestibular therapies, stretching, medications, and the use of devices to help with mobility.

“ I made a weekly and a monthly planner that I make notes in for tasks, doctor appointments & bill payment dates. I also set daily alarms in my phone for myself to notify me of things that I need to do at certain times. ”

Tips for families

Keep track of symptoms

- ✓ Use a journal or log to track symptoms, mood, sleep, and therapy progress.
- ✓ Write down what activities make symptoms worse and share this information with your loved one's medical team.

Communicate clearly

- ✓ Break down information and instructions into simple steps.
- ✓ Give your loved one time to respond and process information.
- ✓ Use short sentences and hand gestures.
- ✓ Ask “yes” or “no” questions when possible.
- ✓ Make eye contact when speaking to your loved one.
- ✓ Alert your loved one to changes in conversation topics.

Establish healthy behaviors

- ✓ Ask for a physical activity routine from your loved one's medical team.
- ✓ Eat nutritious foods to support overall well-being.
- ✓ Keep to a consistent sleep schedule.
- ✓ Only give your loved one medications recommended by their medical team.

Explore equipment and technologies

- ✓ Reduce the chance for falls by having your loved one use a walker or wheelchair if they need assistance with mobility.
- ✓ Look into the need for glasses (such as prism lenses) to help with vision problems.
- ✓ Use lifts or other devices to assist with moving your loved one.
- ✓ Consider electronic devices that help with communication.