

# Helpful Hints & Safety

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UPMC Rehabilitation Institute



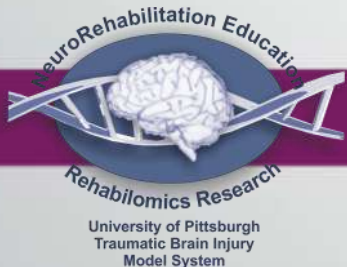
University of Pittsburgh  
Traumatic Brain Injury  
Model System

# Things you should know

- Our staff is here to help you learn the best ways to work and visit with your loved one.



- Family and loved ones are a part of the rehabilitation team.

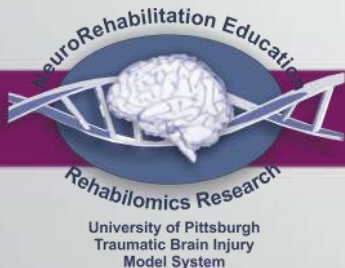


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# Things you should know

- Brain injury can change:
  - Behavior
  - Emotions
  - Thinking
- Changes may make you uncomfortable – that's OK!
- Many changes improve with recovery

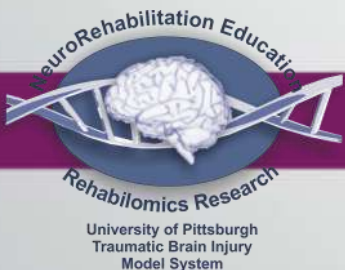


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# Things you should know

- Responding to your loved one
  - Talk to staff
  - Read Brain Injury Handbook
- Talk to nurse or staff member about today's goals and things to be aware of.

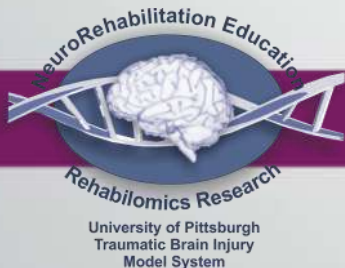


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# Things you can do

- Talk to a therapist about the best way to engage in conversation and activity with your loved one.
  - Therapists have personalized plans for each individual
- Approach your loved one gently and from the front.
- Introduce yourself. Get the individual's attention before speaking.
- Speak slowly, clearly, softly. Allow extra time. Stay calm. Don't argue.

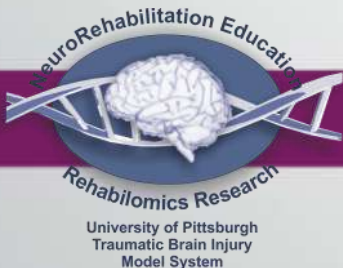


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# Things you can do

- Keep information simple.
  - Use short sentences and one-step directions.
- Use demonstration and verbal instruction.
- Use written/visual instructions and memory aids when appropriate.
- Redirect inappropriate behavior.



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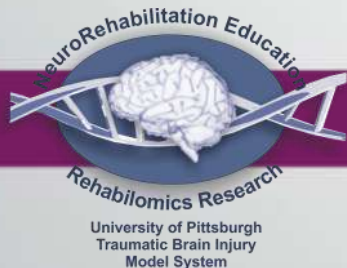
# Maintain a structured environment

- Consistent routines and a quiet environment help orient the individual.
  - Reduces confusion and fatigue, and encourages appropriate behaviors.
- Safety first. Do not move your loved one unless cleared by the staff.
  - Discourage removal of treatment devices (tubes, IVs, seatbelts).



# Maintain a structured environment

- Avoid overstimulation. Keep the room quiet and turn off or dim lights.
- Limit distractions, such as TV, cell phones, and too many visitors.
- Do one activity at a time. Take rest breaks when needed.
- Don't eat or drink if your loved one cannot eat or drink.
- Two visitors at a time to maintain a low stimulation environment.



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