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.
Things you should know

• Brain injury can change:
  – Behavior
  – Emotions
  – Thinking

• Changes may make you uncomfortable – that’s OK!

• Many changes improve with recovery
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.
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.
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.
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.