



Support groups

Support groups can play a vital role for the person with a brain injury, their carers and family. It is a chance to identify with others who have similar problems, to feel understood, and to discuss ways of managing new challenges. Online support groups are an option for connecting people who live in remote areas or are unable to travel.

Synapse runs support groups for people with brain injury and their families - both in person and online.



Maintain friendships

It is beneficial to stay in touch with friends during the rehabilitation and recovery stage. This can be scheduled and might be as simple as a quick phone call or email. It might be necessary to let friends know what kind of support is needed. For example, allow time for the person with brain injury to answer and understand that they will tire quickly.



Reduce the chances of another brain injury

The brain is particularly vulnerable after injury, so an important aspect of rehabilitation is minimising the chances of a second brain injury.

Rehabilitation specialists will usually recommend a person does not drink alcohol for at least a year after a brain injury, and often say it is best to permanently refrain from drinking alcohol. For the elderly, it is important to minimise falling risks around the house. For children, helmets must always be worn for risky activities such as cycling.

REFERENCES

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