



Brain Injury Bites: Help and Advice

Episode One: The early days after brain injury

Episode One: The early days after brain injury is now available to stream on your favourite podcast app:



Be prepared

It may be a bit of a shock to see the injured person at first - they may not look like they should, particularly straight after a trauma.

There may be wires, machines and tubes which can look scary, so try to be as prepared as you can be for this experience.

Changes in the person

The injured person may have changed; their personality may be different and the way they act and behave could be a shock to family members and friends.

Try to be patient with them and stay positive - try not to dwell on the past and what they were like before their brain injury and focus instead on the future.

Ask for help

Accept and ask for help from family and friends. Not only will this help you with any tasks you need to undertake, but it can also make friends and family feel like they are doing something practical to help and support you.



Ask questions

If there is something you don't understand about the care your family member is receiving, or you're not sure what is happening, speak to the clinical team and ask any questions you may have.

The importance of self-care

Make sure you look after yourself - this will make sure you are as strong as you possible can be to support the injured person.

Ensure you eat well, try and get as much sleep as possible and rest. You won't be able to support your family member if you don't look after yourself too.

"There is no shame in asking for help."



Brain Injury Bites

Bite-sized podcasts helping brain injury survivors

CFG
Law
www.cfglaw.co.uk