



Brain Injury Bites: Help and Advice

Episode Eleven: Dating and relationships

Episode Eleven: Dating and relationships is now available to stream on your favourite podcast app:



If you're getting back to dating after a brain injury:

Always tell the truth

Be open and honest with people. Remember, if you always tell the truth, you don't have to remember anything!

Listen and remember

Try to listen and take in what your date is telling you. This can be cognitively demanding, so be prepared that it might be challenging at first.

Use memory techniques

If you're on a date, make a note of where you're sat if you have to leave (for instance if you're at the cinema or in a restaurant and need to use the bathroom).

Be prepared

Be as well rested as you can be for your date. But also be prepared that not every date is going to be successful - that's part of the dating experience so try not to get caught up on any dates that don't go as planned.

If you're in a relationship:

Brain injury education

Look for brain injury education resources. This can be beneficial for spouses and partners to help them to understand the aftermath of an injury and what someone with a brain injury is going through and the symptoms they might be experiencing, as well as how best to support them.

Counselling and therapy

It's important for spouses and partners to have an outlet to talk about the changes in their life and the grieving process of losing the person they love as they once were.

If you're supporting someone after a brain injury it's OK to ask for help if you're struggling. There's been a huge change in your life so it's important to get the support you need. Try talking to your loved one's neuropsychologist if they have one, or another member of their treating team, or alternatively, contact your GP for help. Your health and wellbeing is just as important.

"Good relationships don't just happen, they take effort from both sides."



Brain Injury Bites

Bite-sized podcasts helping brain injury survivors

CFG
Law

www.cfglaw.co.uk