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## Tips for The Person With Brain Injury

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A mutually cooperative attitude between the person with a head injury and those close to him or her is certainly desired for optimum rehabilitation. Recovery is dependent on committed and persistent effort from everyone involved.

A group of individuals with head injuries in a reintegration program, each at least two years post-injury, were asked to indicate one important “rule” they had to learn following their injury that contributed toward making life easier. Sixteen rules or guidelines emerged:

- ⇒ Keep a detailed calendar of things you do and plan to do. This builds confidence, independence, and self-responsibility.
- ⇒ Ask questions, but ask yourself first. Asking too many questions makes you dependent and not responsible for yourself and does not encourage your own critical thinking.
- ⇒ Write things down. Keep lots of notes. This helps achieve multi-modal learning; you hear it, you write it, and see it. Just writing it down greatly helps you remember even if you don't ever look at your notes.
- ⇒ Use no drugs or alcohol; these only dull the brain.
- ⇒ Do not use mental delinquents like “I can't” or “oh, no”. They remind us of negative thinking of ourselves. Be positive about what you can do.