

Changes and how to help

Worksheet sheet: This worksheet helps you to understand possible changes after a brain injury and how you can help



Brain
Connect

Changes

It is normal for changes to happen to your special person after a brain injury. You may see some of the changes, other changes may be invisible. Remember:

How can you help?

Look at the list to see if your special person is experiencing any of the changes and how you can help.



Any changes to your special person's...?	Your special person may...	You can...
Memory	Find it hard to learn new things, be more forgetful, lose things, not remember what you said	<ul style="list-style-type: none"><input type="checkbox"/> Repeat information<input type="checkbox"/> Encourage the use of a diary or memory book<input type="checkbox"/> Have special places for belongings<input type="checkbox"/> Talk calmly
Thinking	Take longer to understand information or do activities	<ul style="list-style-type: none"><input type="checkbox"/> Give extra time, speak clearly<input type="checkbox"/> Talk about 1 thing at a time<input type="checkbox"/> Try not to interrupt or answer questions for them
Fatigue (how tired they feel)	Need to sleep more, get tired quickly or get irritable easily	<ul style="list-style-type: none"><input type="checkbox"/> Encourage them to have a rest<input type="checkbox"/> Keep activities short, or<input type="checkbox"/> Do harder activities when they are at their best (morning)
Behaviours	Be more angry or abrupt with you or have trouble understanding some emotions	<ul style="list-style-type: none"><input type="checkbox"/> Avoid blaming the person<input type="checkbox"/> Don't take it personally<input type="checkbox"/> Tell them you are there to help them<input type="checkbox"/> Explore their strengths
Attention	Appear not to be listening, miss details, have trouble paying attention, be easily distracted or get bored easily	<ul style="list-style-type: none"><input type="checkbox"/> Use short and simple sentences<input type="checkbox"/> Keep activities short<input type="checkbox"/> Write things down<input type="checkbox"/> Reduce distractions<input type="checkbox"/> Carefully select when you ask for their attention

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How can you help?

Any changes to your special person's...?	Your special person may...	You can...
How they solve problems	Trouble working out solutions or be unable to come up with new ideas	<ul style="list-style-type: none"><input type="checkbox"/> Do things that are achievable<input type="checkbox"/> Break tasks down into small steps<input type="checkbox"/> Introduce 1 thing at a time
Self-monitoring	Often break rules, not realise they have made an error, 'hog' conversations, keep talking when others are no longer interested	<ul style="list-style-type: none"><input type="checkbox"/> Talk about an activity and their role in it<input type="checkbox"/> Provide feedback in a constructive way<input type="checkbox"/> Use agreed signals (i.e. to leave)<input type="checkbox"/> Encourage turn-taking
Reasoning	Have rigid thinking, unable to put themselves in others shoes, resistant to change, not understand complex emotions, show poor decision making skills	<ul style="list-style-type: none"><input type="checkbox"/> Use simple language<input type="checkbox"/> Explain changes in routines in advance<input type="checkbox"/> Give reasons
Flexibility	Unable to adapt to change, become 'stuck' and unable to develop new strategies, repeatedly come back to same topic	<ul style="list-style-type: none"><input type="checkbox"/> Identify frustration and stop<input type="checkbox"/> Provide alternatives so there is another option<input type="checkbox"/> Direct to another activity
Planning and organisation	Have difficulty preparing for a task, unable to work out the steps or sequences, no consider consequences of their actions, have difficulty organising their own thoughts and explaining things to others	<ul style="list-style-type: none"><input type="checkbox"/> Encourage thinking about a task before starting it<input type="checkbox"/> Provide written structure or steps in order<input type="checkbox"/> Give prompts<input type="checkbox"/> Help develop a timetable to establish a routine<input type="checkbox"/> Keep environment organised
Insight	Be unaware of their cognitive and physical limitations or set unrealistic goals and expectations	<ul style="list-style-type: none"><input type="checkbox"/> Provide explanations and reasoning<input type="checkbox"/> Help identify realistic goals

Comments: