

# Download Life After Brain Injury: Who Am I

Caught Between Two Worlds. There is a certain finesse required to live a reasonably happy life after brain injury. Try to do too much, and watch out. The price I pay these days for trying to pack too much into my day can be a steep one. One day of cognitive overexertion can grind my life to halt for several days. I lived life to the full, but since my brain injury I appreciate things such as my family so much more. My mother says I am a better and kinder person since my stroke. I would tell people not to mourn the past but to be patient, adapt and move forward. At the same time UKABIF launched the Manifesto Life After Brain Injury - A Way Forward to outline the necessity of acute and early access to rehabilitation for adults with ABI for optimal recovery, focussing on the need for specialist neurorehabilitation teams to manage care pathways and the cost implications of not providing adequate rehabilitation. Over a lifetime, optimal recovery results in significant savings to health care costs. Survivor Garry Prowe's tips on Living a Full Life after Brain Injury, admits that the initial steps to finding your new life may sound obvious – dealing with a roller coaster of emotions, feeling overwhelmed, angry, and depressed along with financial stress, unemployment, social isolation, and life style changes. But the greatest stress may ...