

# Brain Injury Survival Kit:

365 Tips, Tools and Tricks to Deal with Cognitive Function Loss

JCC Elder Day Club

12/13/11

Cheryle Sullivan, MD

tbijourney.com  
braininjurysurvivalkit.com

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## Spreading the Word about Brain Injury



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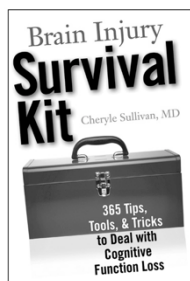
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2007: Road Trip → A Book is Written  
2008: A Book is Born



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## Preparing to Succeed

- Put Your House in Order: Healthy Lifestyle
  - Diet
  - Exercise
  - Rest
  - Reduce Stress

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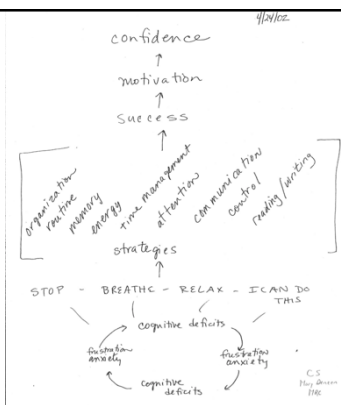
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## The Game Plan



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## Put Your Emotions in Order

- Accept that you may not be the same as you were before your BI, and you may have to make changes in the way you do things.
- Cognitive Therapy focuses on regaining skills we've lost as well as learning to use tools and strategies to compensate for abilities that have been permanently changed because of the BI

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Yes, you are a different person.  
Never give up!

You will learn to do things for  
your brain instead of relying on  
your brain to do them for you.

--Brain Injury Survivor's Guide- Larry & Beth Jameson

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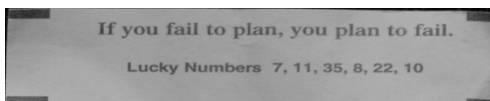
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## Control

- >If you're used to being in control, get over it!
- >Control what you can, to allow more energy to deal with that which you can't.



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## Energy



Energy Pie, Normal (left) and After Mild Brain Injury (right)  
Copyright: Mary Lou Acimovic, M.A. Ibid.

- Plan energy
- Pace yourself
- Prevent overload

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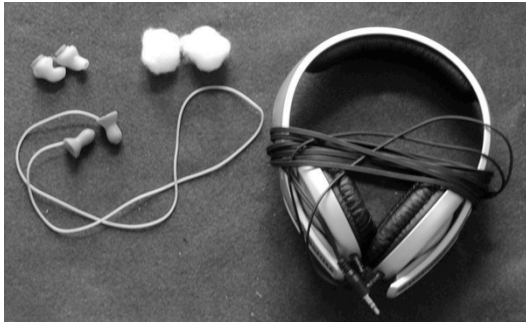
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## Attention



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## Memory



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## Games Are Therapy



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# Time Management



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# Organization



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# Organization



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## Navigating the Medical Maze

- Schedule appointments during "better brain" time of day
- Medical Forms
- Make a list of concerns
- Bring an advocate
- Ask for information in writing

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## Reward Yourself

- Reward yourself for getting tasks done
- Plan for fun activities in daily/weekly schedules



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"When one door of happiness closes,  
 another opens,  
 but often we look so long at the closed  
 door that we do not see the other one  
 which has been opened for us."  
 ~Helen Keller

"We are not what happened to us,  
 we are what we wish to become."

~Carl G. Jung

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