



# Life with a Brain Injury

Adjusting to life with a brain injury can take time. We are here to assist and make it a little easier.

# Life with Brain Injury.

Living with a brain injury can mean a person's whole world is redefined. Adjusting to life with brain injury can present challenges, but with the right supports these challenges can be overcome.

There are many things to think about and it may mean people need to find new ways of managing life with brain injury. Planning for the future can help you cope and adjust to change.

## These are some ideas to help you plan ahead:

- **Find out as much as possible about the effects of a person's brain injury and what to expect:** it is perfectly OK to talk to health care professionals and to ask questions
- **Make contact with support organisations:** you can get involved in social, recreational and educational activities
- **Connect with other people impacted by brain injury:** it can be good talking to people who have been through the same things as you
- **Get some help:** you don't have to do everything alone!

For additional information about this topic scan the QR code.



To find out more about our full range of supports, contact us on **1800 677 579** or visit [www.brainlink.org.au](http://www.brainlink.org.au)