



# Brain injury and rehabilitation

Rehabilitation is about regaining skills to help you get on with life.

# What is Rehabilitation?

Rehabilitation is a variety of therapy services that help maximise recovery after brain injury. Every rehabilitation program is different because it is tailored to a person's individual needs. Rehabilitation usually begins in the hospital and can continue after injury.

## Here are some ideas on how to make the most of rehabilitation:

- **Have a goal in mind:** see each day as being closer to your goal
- **Structure and routine:** good strategies for keeping routines rest the brain and help with rehabilitation
- **Get family and friends involved:** to help you feel encouraged and motivated
- **Sleep and eat:** healthy eating and regular rest is great for your health and maintaining a positive attitude
- **Whatever works for you:** 'disability need not be an obstacle to success' – Professor Stephen Hawking

For additional information about this topic scan the QR code.



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