



Coming Home After a Head Injury

Bringing your loved one home after a serious injury is going to be an exhausting experience. As the primary caregiver, you're going to be dedicating most of your time and energy to helping your loved one rehabilitate. We have put together this guide to help you prepare for your new taxing, yet very honourable, task. After being discharged from inpatient rehabilitation, your family member could wind up going to a variety of facilities or therapies depending on the severity of injury, medical stability or medical/ rehabilitation coverage. This guide is intended as a resource to help you ask the right questions, find the right answers, and help you and your loved one after inpatient rehab. As it comes closer to the time for your loved one to leave inpatient rehab, a case manager, social worker, or another person at the hospital will help you plan and prepare for the transfer back home. You're also going to be working with a variety of other people to make a plan for home rehabilitation.

Some of these people are:

- Occupational Therapist- functional goals such as cooking, chores
- Physiotherapist- instruct you for making transfers (wheelchairs, walkers), safety, building endurance
- Speech therapist/ Language pathologist- expression, language difficulties, swallowing problems
- Social worker- information on funding and community resources
- Psychologist- behaviour management
- Cognitive therapist- memory, concentration, problem solving, etc.

Take this time to learn as much about brain injury as possible. Make use of the hospital's library if they have one and ask as many questions as possible. Find out what cognitive, physical, and behavioural problems may result from the brain injury. Another thing you will have to do before discharge is plan for outpatient therapy. The social worker at the hospital should help guide you. You should ask about occupational therapy, physical therapy, speech therapy, and rehabilitation support. A rehabilitation support worker can help your loved one with gaining independence, working on tasks given by other therapists (physical therapy, occupational therapy), making community outings, and giving you (the primary care giver) relief from your duties at a reasonable cost.

info@neuroconnect.ca

416-882-0233

Visit www.neuroconnect.ca for more resources and information

We've put together a list of questions that you have answered while preparing to take your loved one home:

- What medications does my loved one need?
- What should I expect from my loved one when they come home?
- What can they and can't they do?
- Do we need to make any home renovations?
- What services is my loved one going to need?
- When is my loved one going to be able to go back to school? What special requirements will they have?
- How will I transport my loved one? Are there any services or coverage for this?
- What daily routine should she/he keep?
- What type of behavioural problems (ie. Aggression) could my loved one have?
- How can I take care of myself and make sure I have time for myself?
- One of the most important things to keep in mind is to take care of yourself. How can you be an effective caregiver if you are overworked and exhausted? Take the opportunity to have someone relieve you of your duties so that you can go shopping, do your errands, and relax.
- Consider counselling services if you need extra emotional support.

info@neuroconnect.ca

416-882-0233

Visit www.neuroconnect.ca for more resources and information