My loved one suffered a *traumatic brain injury*

What now?

01 What is a traumatic brain injury?

The occurrence of a brain injury is a frightening event creating a great deal of distress for family and friends.

The severity of the brain injury may vary from a minor injury with no loss of consciousness, to an extensive (or diffuse) brain injury with loss of consciousness or coma.

02 Rehabilitation after a traumatic brain injury

A brain injury may have lifelong consequences which may require on-going care, physical rehabilitation and hard work. If you suffered a brain injury, you may have to learn how to perform all the basic functions of life again. All activities of daily living such as dressing, washing and even thinking skills may need to be learned all over again.

Rehabilitation requires teamwork between the rehabilitation professionals and the family. Remember that each brain injury is different and therefore the recovery is different too. Your recovery will depend on many factors such as the cause and severity of the brain injury, the length of your coma, your age and your response to the rehabilitation programme.

The team of professionals attending to you will include a combination of the following: a rehabilitation doctor, dietician, occupational therapist, physiotherapist, psychologist, social worker, rehabilitation nurses and a speech-language therapist.

03 How does Life Rehabilitation fit into this?

Life Rehabilitation is a specialised healthcare service dedicated to treating and rehabilitating clients who have become acutely injured and disabled by a stroke, major trauma, brain injury, spinal cord injury, or by complex orthopaedic and / or medical conditions.

04 What is acute rehabilitation?

According to the World Health Organization, rehabilitation is “a process aimed at enabling people with disabilities to reach and maintain their optimal physical, sensory, intellectual, psychological and social functional levels. Rehabilitation provides tools for people with disabilities, to attain independence and selfdetermination.” In short we will do our very best to work with you to recover and become physically, emotionally and mentally stronger.

05 Where do we go from here?

If you have medical aid:

- Get a referral letter from your doctor (and supportive documentation – brain scan reports or therapy letters)
- Contact unit of choice (see map of facilities)
- A Rehabilitation Admission Consultant will contact you and an assessment will be arranged free of charge (telephonically/in-person)
- A motivation for rehabilitation will be sent to your medical aid
- If approved, admission will be scheduled – please refer to brochure or more information on what to expect once admitted

If you are paying privately:

- Get a referral letter from your doctor (and supportive documentation – brain scan reports or therapy letters)
- Contact unit of choice (see map of facilities)
- A Rehabilitation Admission Consultant will contact you and an assessment will be arranged free of charge (telephonically/in-person)
- Quotation for private admission will be issued
- Once payment is received, admission will be scheduled – please refer to brochure or more information on what to expect once admitted

06 What happens after I am admitted?

1. Assessment by all members of the interdisciplinary team
2. A specific rehabilitation plan will be designed for each patient
3. Family meeting
4. Therapy as needed – individual and group intervention (each patient is different)
5. Patient and family education
6. Practicing skills learnt in therapy in the ward environment supervised by nursing staff
7. Discharge planning
   a. Carer identification and training
   b. Assistive devices motivation
   c. Home accessibility recommendation
   d. Weekend leave of absence
8. Out-patient follow up
   a. Referral or option to continue as out- patient at facility (if possible)

07 What happens after rehabilitation?

- **Patient success stories**
- **Out patient care**
- **Management of spasticity**
- **Links to resourceful sites**

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