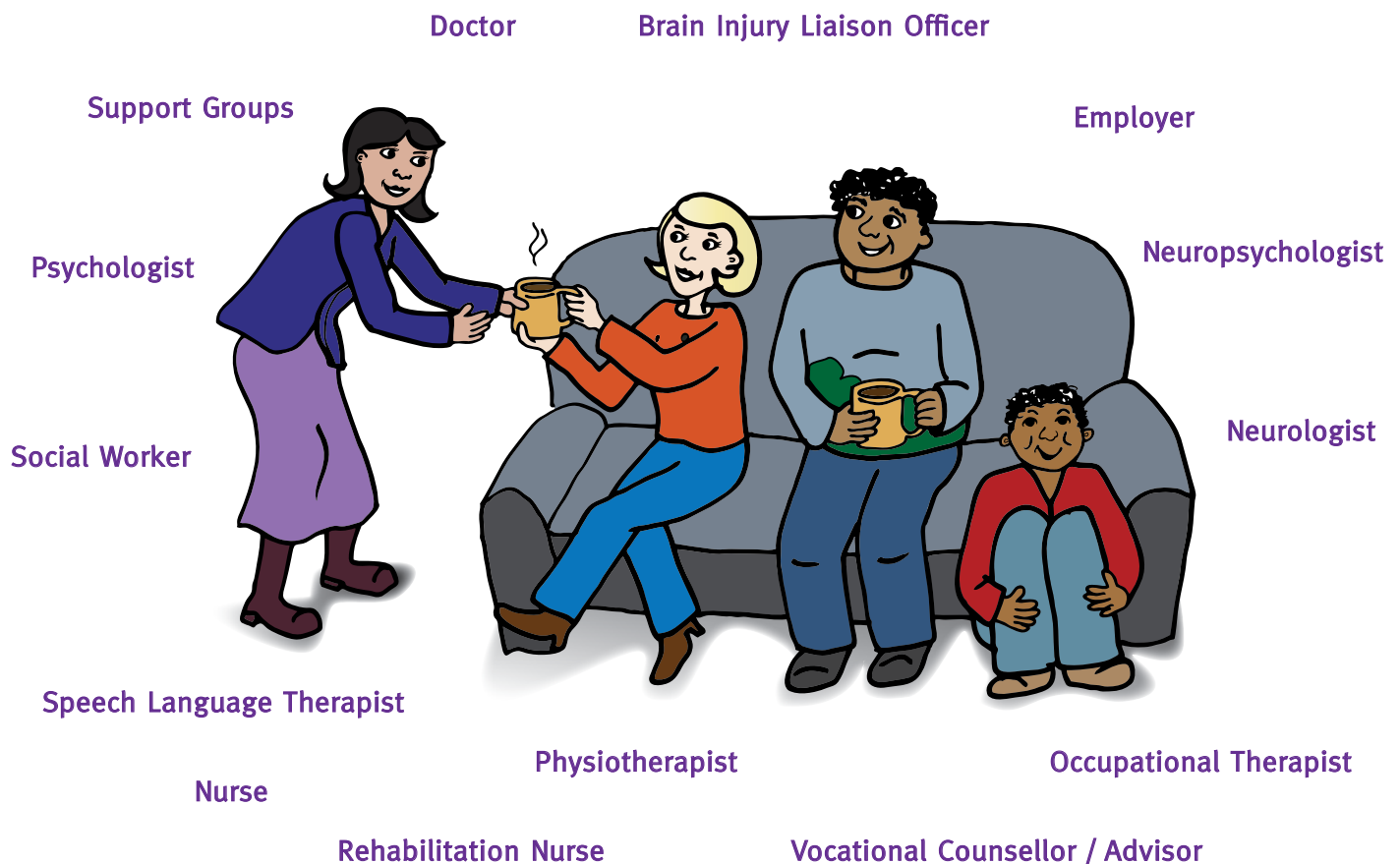


This leaflet will help you get the most from your appointments and treatments.

4

YOU ARE NOT ALONE

A brain injury can affect you in many ways and you may need to see a number of different people who can help you recover. Some of these people are:



Referral to these people or services will be decided, in discussion with you, by your Doctor or Case Manager.

Your rehabilitation

BE PREPARED FOR APPOINTMENTS

When you need to go to appointments it can be a good idea to take a support person such as a family member, friend, or somebody from a support organisation such as the Brain Injury Association. Remember to rest before and after appointments.

Before the appointment you can:

- Find out what the person you are seeing can do for you
- Write down and take with you any questions you might have
- Write down information you might want to share
- Organise a support person to drive in case of fatigue



During the appointment you can:

- Ask questions if you don't understand
- Ask your support person to help you with questions
- Write down answers or information, or ask the person you have brought with you to do this, so you can look over it later
- Ask for copies of reports or letters
- Ask for information in writing so you can read over it later or show it to a family member or friend

After the appointment you can:

- Make another appointment if you need to talk things over again
- Look over your notes and any information you may be given
- Talk over the appointment with the support person you brought with you to make sure you have understood everything
- Remember, you can ask for a second opinion



ASK QUESTIONS

Throughout your rehabilitation, assessments may be carried out to check your progress and identify any challenges you may have. Your rehabilitation team can then advise you of appropriate strategies to deal with these challenges.

Remember, you are entitled to know about the results of any of your assessments.

What will I get out of the assessment?

Whenever you go for a test or an assessment you can ask:

- What is it for and why is it being done?
- Who will be doing it?
- How long it will take?
- What kind of tests/tasks can I expect?
- When will I get feedback?
- How will I receive feedback? (ie. report, phone, face to face)
- What will I get out of the assessment?



*Remember **YOU** have a
right to information
about yourself and
your recovery.
Ask for your report.*

- Ask for a copy of your report
- Ask when will it be available
- Ask who will give you a copy



HERE IS A LIST OF PEOPLE THAT MAY HELP YOU:

- Doctor** - offers medical support and can refer you to other services or specialists for help.
- Neurologist** - specialises in diagnosing and treatment of disorders of the brain, brain stem, spinal cord, nerves and their functioning.
- Neuropsychologist** - assesses the effects of a brain injury on thinking processes (such as memory and reasoning).
- Psychologist** - helps you emotionally adjust and cope with the changes you have experienced.
- Rehabilitation Nurse** - works with you and your family, to assist you to reach your optimum health and wellbeing through effective strategies.
- Occupational Therapist** - looks at how you are managing everyday life at home and/work and they may show you new ways to do things or suggest equipment to help you manage better.
- Physiotherapist** - helps maximise physical functioning after brain injury. They can assess and treat your posture, movement, balance, muscle strength and sensation, co-ordination and fitness. They can also give you advice on aids and splints.
- Social Worker** - they can help you and your family adjust to changes in lifestyle, relationships, work situation and leisure activities.
- Speech Language Therapist** - helps you with talking, swallowing, listening and understanding speech or trouble you might have with reading and writing. They can also help you communicate with others socially.
- Vocational Counsellor / Advisor** - assisting you to look at work opportunities and support you through the transition of returning to work.
- Case Manager** - may be assigned by ACC or private Insurance provider to coordinate services in order to achieve the best possible outcome for your recovery.
- Brain Injury Liaison Officer** - provides information, education, advocacy and support to you and your family.

FOR FURTHER INFORMATION

Some of the other leaflets in this series may help or you can contact your local Brain Injury Association, ACC, Ministry of Health or Disability Resources Information Centres.

For more information go to www.brain-injury.org.nz

My important contacts:	
Brain Injury Association contact person:	Doctor:
Case Manager:	Other contacts: