

**I worked hard to recover, but I couldn't identify what I had to do». A qualitative study investigating experiences with community-based rehabilitation services after traumatic brain injury with long-term cognitive problems**

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**Introduction:** Cognitive problems following traumatic brain injury (TBI) is a major challenge worldwide, demanding both human and socioeconomic resources.

**Objective:** The objective of this study was to gain knowledge about the informants' experiences with the community-based rehabilitation services. What was appropriate and tailored to their specific needs after TBI with long-term cognitive problems?

**Method:** Seven informants were recruited from a 5-year longitudinal follow-up study of persons with moderate to severe TBI. Data collection entailed in-depth semi-structured interviews that were analyzed with qualitative method.

**Results:** Three main dimensions of the informants statement were identified: support to individual efforts in the rehabilitation process, difficulties without an apparent solution (for the individuals), and the importance of being engaged in meaningful occupations.

**Conclusion:** The informants emphasized the importance of having regular supervision over time, from professionals with knowledge about TBI. A supervisor might support processing of emotional reactions, the rehabilitation process in general, as well as being a facilitator in meetings with local rehabilitation services. A relational and collaborative approach to the person with TBI can complement the traditional expert role held by health professionals, and help discover solutions to problems experienced after suffering TBI with long-term cognitive sequel. To be engaged in occupations contributed to recovery.