



Norwegian University of
Science and Technology

***«I worked hard to recover, but I
couldn't identify what I had to do»***

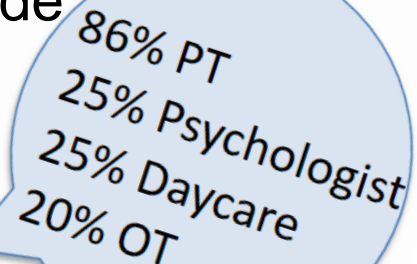
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Background

- Traumatic Brain Injury (TBI) major challenge worldwide

Norway:

- 58% got outpatient rehabilitation 1 year post injury
- 75% independent physical activities (FIM-M)
- 50% independent cognitive ADL (FIM-COG)
- Challenges with cognitive activities and social participation
- Services did not meet the needs



86% PT
25% Psychologist
25% Daycare
20% OT

Andelic et al (2010 og 2009)

Aim & Method

Gain knowledge about the informants' experiences of the community-based rehabilitation services. What was perceived as appropriate and tailored to their specific needs.

- Semi-structured in-depth interviews
- 7 informants, 5 years post moderate/severe TBI
- Long-term cognitive problems
- Qualitative content analysis

Results & discussion 1: Support to individual efforts

- Coping with the new situation
- Lack of knowledge about TBI and the health system
- Several paths to the goal – tailored solutions

We talk about everything; where I am in my process, sort out my thoughts. These conversations helped me to cope with the situation.

I have no idea who to contact in the community-based services. Thousands of people work there.

The «support person» helped me organize the house and the kids with their homework.

Results & discussion 2: Remaining problems

I like to work as long as I can. Often I work too hard. Actually I hate to push myself too hard. It influences my mental stability.

I have a memory like a goldfish. It won't be better. I used to have a PDA that worked quite well, but after it was broken 2 years ago I can't remember anything.

I use my cell-phone to structure my appointments. If I don't do that, I think so hard about them that I get exhausted.

I've found good strategies to avoid fatigue. I have to plan my days very well, put in some time-outs, and focus on what I plan to do. When I am not so tired, my memory also works better.

Results & discussion 3: Importance of being engaged in meaningful occupations

I need to have a plan that gets me out of the house. If you have nothing to do, you wither away

Conclusion & Implications for practice

Contact person and sparring partner over longer time

- Support processing and coping with emotional reactions
- Facilitator in meeting with local health services
- Knowledge about their own brain injury
- Relational and collaborative approach to find coping strategies

Be aware of that you don't necessarily need to have all the answers

Thanks! Don't hesitate to contact me.

References:

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