



Speaking from Experience Acquired Brain Injury (ABI)

Transcript for chapter 10 of 10: Closing Thoughts

Kerrie: Now I do actually volunteer at the local primary school, to read with the children. I do incredibly enjoy that.

Igal, Anat, Illana: Anat is writing a lot of emails, and receiving a few emails. Which is her contact with the world now, the emails. She loves the computer, we should say.

Igal, Anat, Illana: It's my husband. I didn't invite you to the wedding [laughs].

Delia and Cassandra: I think it's a constant journey of things. Everyday mum's got challenges due to the ABI, that every day she needs to accept where she is. Whatever capabilities she has for that day.

Igal, Anat, Illana: You have to train your brain from the beginning, this is why you have to be so precise and so accurate in the early stages. When it becomes routine, it will go by itself. This is what we would do when we were brought up, when somebody showed us the first steps in anything, in walking, in riding a bike, in swimming, in the early stages by yourself. This is why I would not recommend falling into the shortcuts from the beginning. The hard way is the good way. So, this is one thing that is very important.

Paul: It depends on the degree of disability, or rather than disability, their capability. They should be encouraged to do things. People get frustrated because someone may not be able to walk, but once you get out and see how other people are affected by it, how brain injury operates and things, it's a tremendous learning curve.

Igal, Anat, Illana: With this ABI, they are losing their self-confidence – which is part of it, it's documented, it's not my invention. You have to build confidence, and you can build confidence only with assurance. You can do it by yourself, but a person who has an ABI needs a third party for that. Like Illana said, collective help, two people is more than one, three people is more than two. It's not the physical help that is required, it's the mental support. This is the most important thing.

Delia and Cassandra: Relationships between people are constantly changing. Just try and accept the situation that you're in. Find the positives in what you can. Don't worry about other people's judgements on a situation. Do what you've got to do to re-establish that relationship with your parent. Unfortunately, sometimes you do need to take on the parent role. At the end of the day, they're still your parent and they still care for you the same way.

Peter and Carol: I think, given the amount of injury I had, I've achieved a lot. Little by little, you break things down into small pieces. The small pieces all add up and you get a big piece. And, eventually, you will get there.

Anita: I think I am gradually accepting more and more. Sometimes I have to convince myself that I'm not good enough yet. I need more time.



Peter and Carol: I believe it's extremely important to set goals. You've got your daily goals and you've got your long term goals. Otherwise, you'll just sit there and go nowhere.

Delia and Cassandra: If people can do what they're doing with this speed-hump in the way...

Delia and Cassandra: I'm going to cry, stop it.

Delia and Cassandra: ...then you've got nothing to complain about. If someone can do that – learn how to walk and talk and do all those things to get back to normal life. Then, you know, choosing what to wear in the morning is nothing [laughs].

Paul: Be determined. Whatever you do that's different, is an achievement. And, don't give up.

Delia and Cassandra: Never give up. Have some idea of where you want to be, and never give up on trying to get there.

Igal, Anat, Illana: I think that I feel in control. I can do anything, but I do everything slowly. But I can achieve.