

## Speaking from Experience Acquired Brain Injury (ABI)

### Transcript for chapter 9 of 10: Support

**Anita:** I have carers that come to me to help me with personal care and meal preparation, shopping, and community access.

**Delia and Cassandra:** Watching her do what she wanted to do, while watching her struggle to do it, to not step in and take over, to let her learn to do it on her own, I think that was hard – and still is.

**Anita:** I have a very good psychologist. I've been seeing him for a long time, for many years. That is very helpful for me. I've also realised that to have a good friend, friendship is good too. To have friend's support, that is good. To have a good understanding family member, is even much better.

**Igal, Anat, Illana:** In Anat's case, she needs a brain stimulus more than physical supervision. There are some people, they don't have both. They don't have the brain command and they don't have the physical command. Then the carer really has to be the eyes and the legs of the patient. In the case of Anat, I think it's very, very important that the carer stimulates her brain. At least two or three carers are coming prepared for this task. They are reading together and checking her comprehension, doing memory games and things like that.

**Peter and Carol:** I used to see half a plate of food and things like that. These people at the Seeing-Eye Dogs were able to explain what that was all about. They managed to get me in contact with various specialists, specialists in that area. I had an extremely turned eye and they managed to get that eye straight. I'm very grateful for their support and help received by these people.

**Igal, Anat, Illana:** We had a few tips from other people. There was another couple, who we thought knew much more than we did. I don't know whether they had better networks or resources to know a little bit more. They gave us, from time to time, some tips.

**Paul:** At the writing group that BrainLink took over running, when it was run by headways and Bouverie. They published a book, and from the people that I've given copies to, they said, "fantastic, let's see more".

**Kerrie:** Prior to my accident and post-accident, I was always a very practical, here in the now, type of person. Now, with my ABI, I've actually allowed my imagination to take root. The writer's group really helps me to transfer everything that is swirling around up here [gestures to her head] onto paper.