

**Brain injury – can be either damage to living brain tissue or chemical imbalance in the brain**

ABI -Acquired brain injury is caused since birth – such as fall, tumour, stroke

TBI – is an injury to brain from trauma it can be caused by a blow to the head (car accident, fall, RTA)

Other acquired brain injuries could be:

- brain tumour
- stroke
- brain haemorrhage
- concussion
- encephalitis
- meningitis
- brain aneurysm
- hypoxic and anoxic brain injury

## BRAIN INJURY

•What is a brain injury?

•What are the causes?

•What is it like to have a brain injury?



### INJURY CAN CAUSE:

- Physical – problems relating to a change in the normal functioning of the body e.g. muscle weakness, speaking difficulties, tiredness/fatigue, co-ordination or balance issues.
- Cognition – problems relating to the thinking and learning processes of the brain e.g. disorientation to time, place and person, memory difficulties, attention problems, perceptual problems, language
- Executive – problems relating to the skills that are required to execute a task e.g. goal setting, planning, organisation, self-initiation and self-evaluation
- Psychosocial - problems relating to the person's emotions and social interactions e.g. personality changes, emotional liability, mood and emotional changes, relationship difficulties, loss of motivation

TRY READING THIS OUT LOUD FAST AND WITH NO MISTAKES. IF YOU MAKE A MISTAKE, YOU HAVE TO START AGAIN!

*Peter Piper picked a peck of pickled  
peppers. If Peter Piper picked a peck of  
pickled peppers,  
how many pickled peppers did Peter  
Piper pick?*



DO YOU FEEL TIRED, FRUSTRATED, LOST ... NOW IMAGINE YOU HAVE A BRAIN INJURY

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