

Supplementary material

Sample pages from family and friends' book used within supported self-management approach



A book for family and friends of people with traumatic brain injury

Contains stories, ideas and tips from families and friends of people living with brain injury



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Ellen: 'I don't think anyone really prepared us for the emotional side and how different it is to live in the real world with it. In rehab it is very structured, like 10am this and then this. But then you have got to sort of make your own structure – it's sort of like, ok what is he going to do now, and are you going to sit at home all day eat biscuits? No.'

Mark: It was the lack of control when Sarah came home – what if she does go to the shop, falls over into the road and gets run over, or what if a tree falls on her? It's re-establishing that things are okay, and being able to take that step back. It's because it was so intense for that first month – I think we were hardly apart.