



Case study 1 – Tom

Tom

Tom is 28 years old and sustained a traumatic brain injury following an assault. He participated in a 3-month inpatient rehabilitation program at the Liverpool Brain Injury Unit. As a result of his injury, Tom has weakness down his left side, making it difficult for him to walk long distances or carry heavy objects. Tom also has difficulty planning and organising his time and often on the ward became frustrated because he couldn't seem to get to his appointments on time.

It is now three weeks since Tom's discharge. He has returned to live in his two-bedroom unit. He is living alone and receiving carer support for main meal preparation and heavy household cleaning tasks. Tom has been finding that he is tired all the time and that he is not managing to get on top of all the household chores. He is finding this very frustrating and is often having aggressive outbursts due to this frustration.

As a group, discuss how you might assist Tom to manage to live independently. Use the following questions to assist you develop a plan.

1. Identify the areas that Tom has difficulty with.
2. What are some of the strategies you might use to help Tom manage these difficulties?
What services could you enlist to assist you with this?
3. How would you implement these strategies and how would you review them?

Case study 2 – Pam

Pam

Pam is 22 years old and sustained a severe brain injury in a car accident. She had a lengthy admission to the inpatient rehabilitation unit (nearly 12 months) before she was discharged home. Pam lives with her mother and sister in a two-storey house in the Fairfield area. Pam has carers every day who work from 8am to 8pm.

On discharge Pam was mobilising with carer assistance in a manual wheelchair. Over the past six months she has been assisted by carers and her occupational therapist to develop her 'driving' skills and is now able to 'drive' herself independently in a powered wheelchair. She can navigate in crowds and around shopping centres safely and effectively.

One of the other major difficulties that currently impacts upon Pam's life, is her poor memory. She is unable to recall what activities she completes during the week and she has difficulty remembering appointments she needs to attend. This often makes it difficult when Pam meets up with friends who inevitably ask, "what have you been doing lately?" It also means that she has to be extremely careful that she doesn't double-book herself.

As a carer you have been working with Pam for six months and you feel she is ready to begin working on some new goals. You have noticed that Pam remembers things more readily if they happen regularly ie. same time each day/week. You have also noted that now she has more independent mobility, she wants to go out more frequently. You are happy to continue to explore different 'outing' opportunities with Pam but also realise that she sometimes doesn't have enough money to do 'everything' and has difficulty accepting this.

As a group discuss the following:

1. What are some of the issues that you may be able to start working on, with Pam?
2. What are some of the strategies you might use to help Pam manage her difficulties?
What services could you enlist to assist you with this?
3. How would you implement these strategies and how would you review them?