

Brain traumas

A trauma describes damages that occurs as a result of violent influence of the brain, e.g. in traffic accidents, violence, impacts or fall crashes.



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Photo: Colourbox

Depending on strength of the trauma severity of the brain damage can vary from light concussions, which requires a few days of sickbed, to severe brain injuries that require long-term hospitalization and where there will often be a permanent brain injury.

Can be difficult to recover

All depending on the extent of the brain damage people with traumatic brain damage have problem with for example normal daily abilities, mobility as well as psycho social abilities.

Problems within the psycho social area can cause that it is difficult to return to work, enter into social relations and to take care for themselves. A year after the damage many experience that issues within the psycho social area is a much greater challenge than the physical problems and problems with daily tasks.

It can take long time, before you are ready to return to work, and before you feel completely comfortable. When you return to work, it is important to be able to handle your reduced functional ability and be open towards social contacts. Being able to handle your disability is a learning process, which both requires your attention, insight and learning strategies.

Helps to believe you can

People with traumatic brain damage are overall less active in social activities and recreational activities. The emerging picture that these people, who participate in social activities and recreational activities, often have a high income, are less depressive, are unmarried, have work, and then there has gone a long time since, one suffered the brain damage.

An explanation that one's social activities is increased the more time that has passed since the damage can be that it takes time both for the individual and one's network to adapt to the changed situation.

It also turns out that faith in own abilities are instrumental in you experiencing an improved life quality. With faith in own abilities means that one's opportunities to perform activities is consistent with one's expectations.

Difficult to predict progress

How well a person with a traumatic brain damage recovers after the accident is difficult to predict from the beginning. There is not always coherence between the physical damage and how far, one reaches after completed rehabilitation.

The prognosis depends on the severity of the damage and ability of the affected to handle burdens, the new living situation, and of how much support, you can get from family and circle of friends.

Sources

Danish Health Authority

The National Board of Social Services