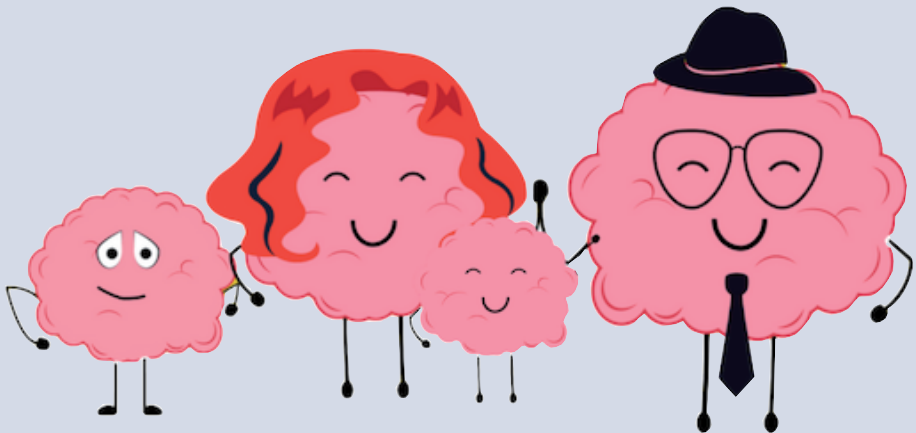


“What’s the Story ?”

When Someone in your family
has a brain injury



A children’s workbook

This book belongs to:



I was born on:

I live in:

Things I like to do:

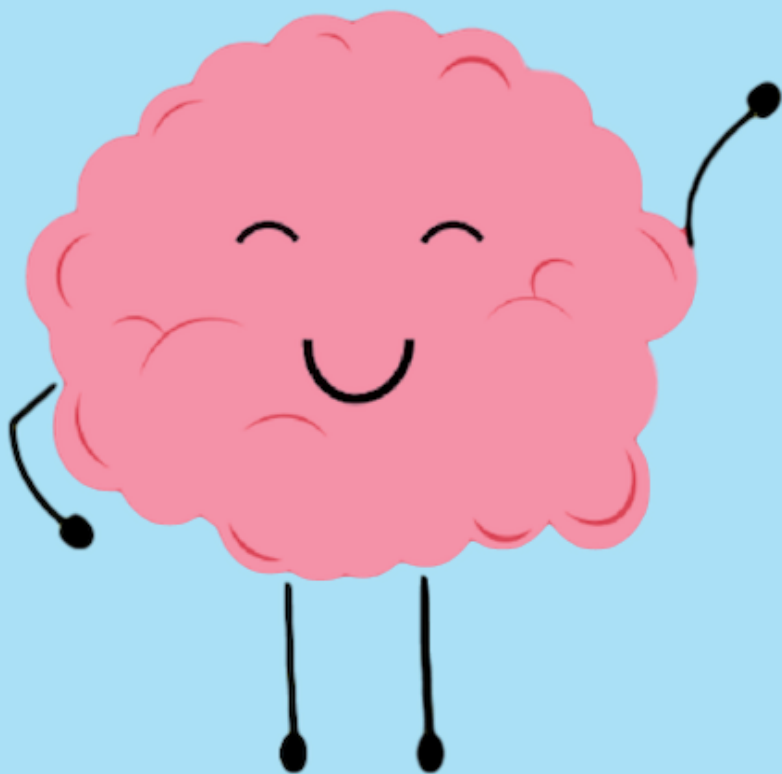


My Family



You can write or draw or add a picture !

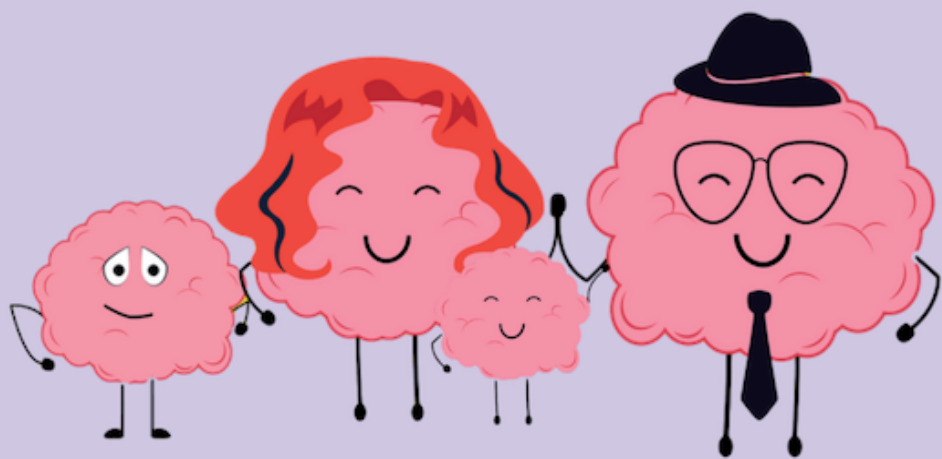
All about the brain !



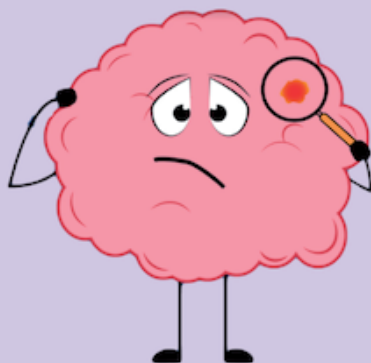
Our brains control everything we do



Who can get a brain injury?

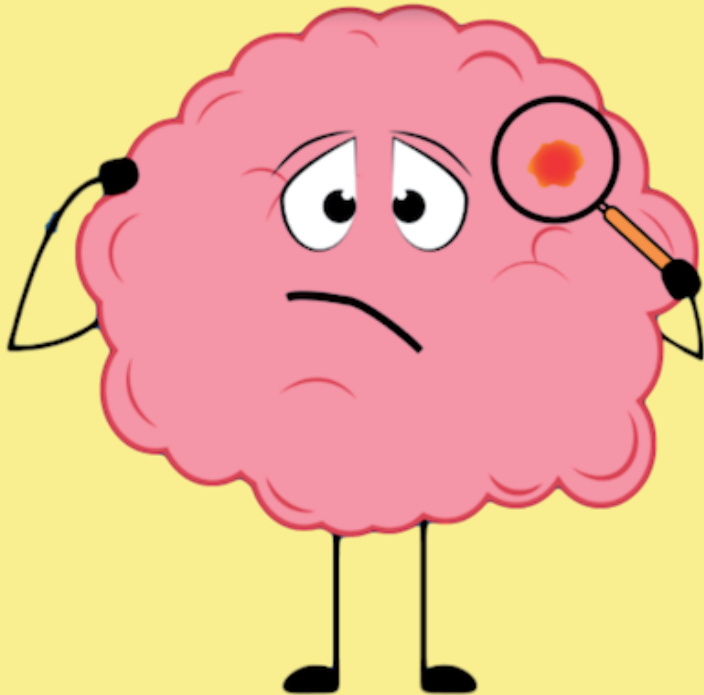


Anyone can get a brain injury

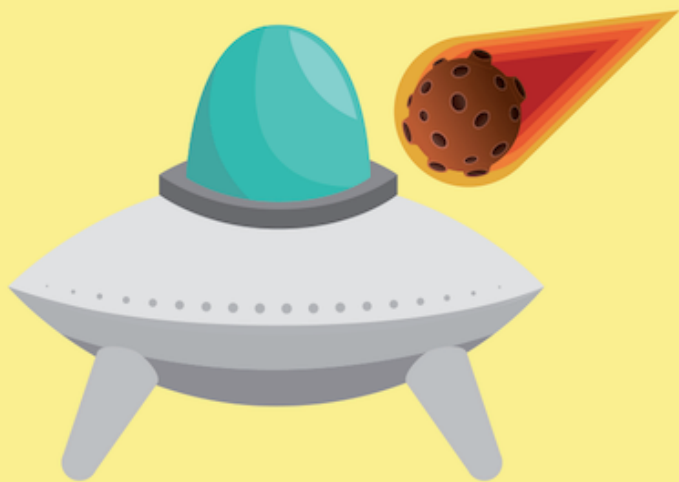


Who do **you** know with a brain injury ?

How does a brain injury happen ?



A Brain Injury is like a meteorite hitting a spaceship (a person's brain) and causing damage



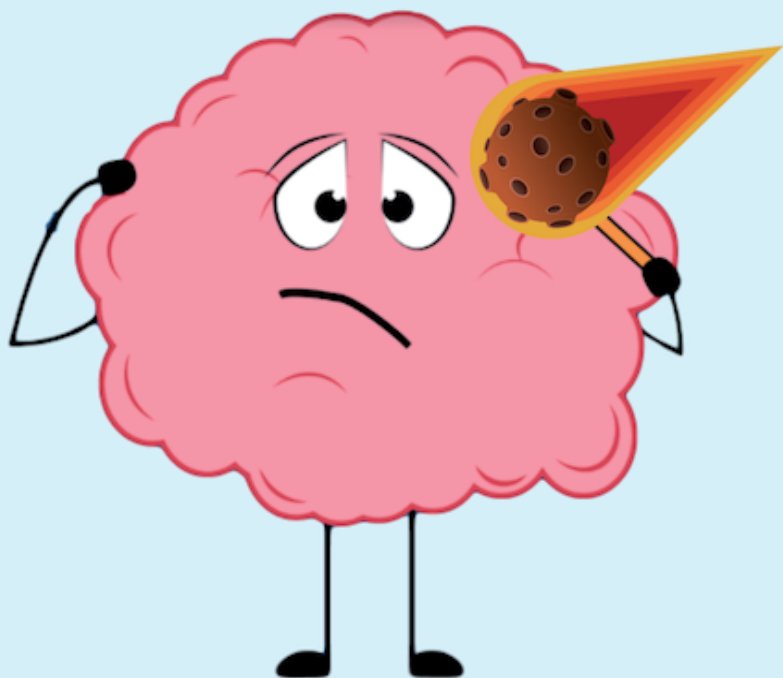
Someone might fall and hit
their head...



...or bump it off something hard

How else can a brain injury happen ?

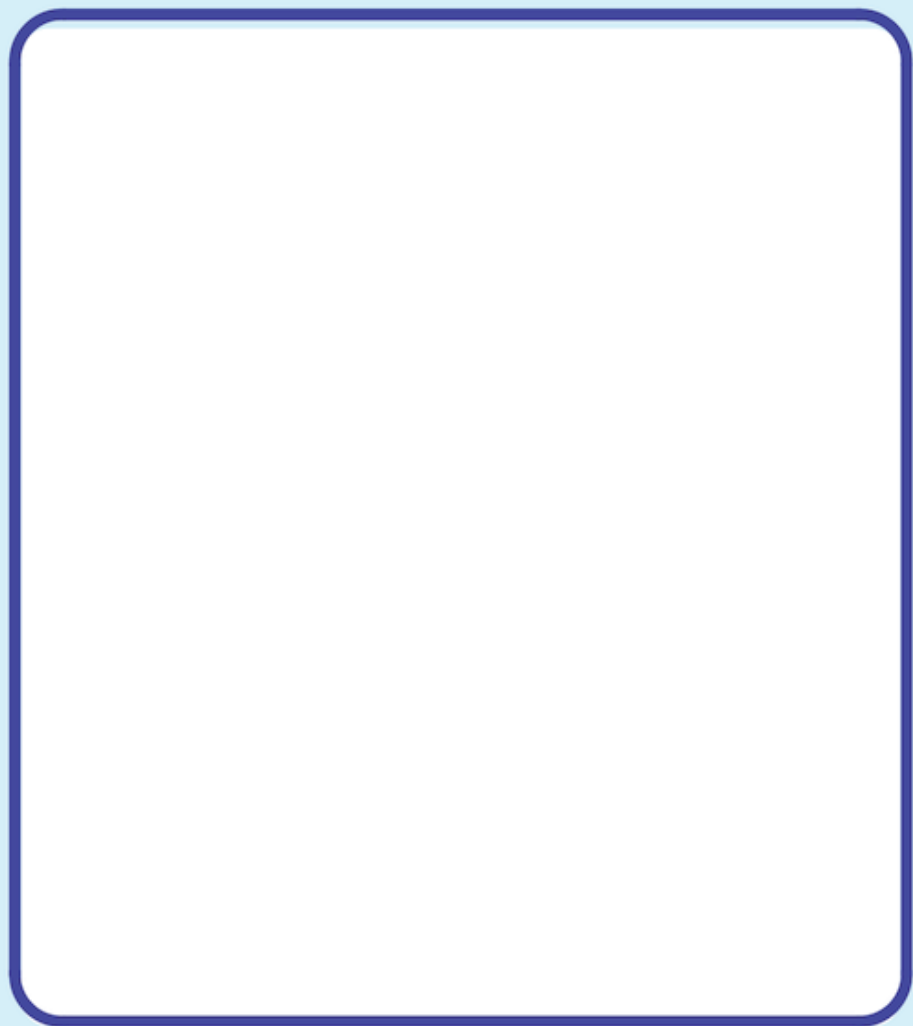
Something could happen inside
a persons brain, like a mini meteorite
inside the spaceship



Remember !

You can't 'catch' a brain injury
and it's not your fault

**What happened to the person in
your family ?**



Draw or write in the box

What happens just after someone has a brain injury?



You can
hold their
hand

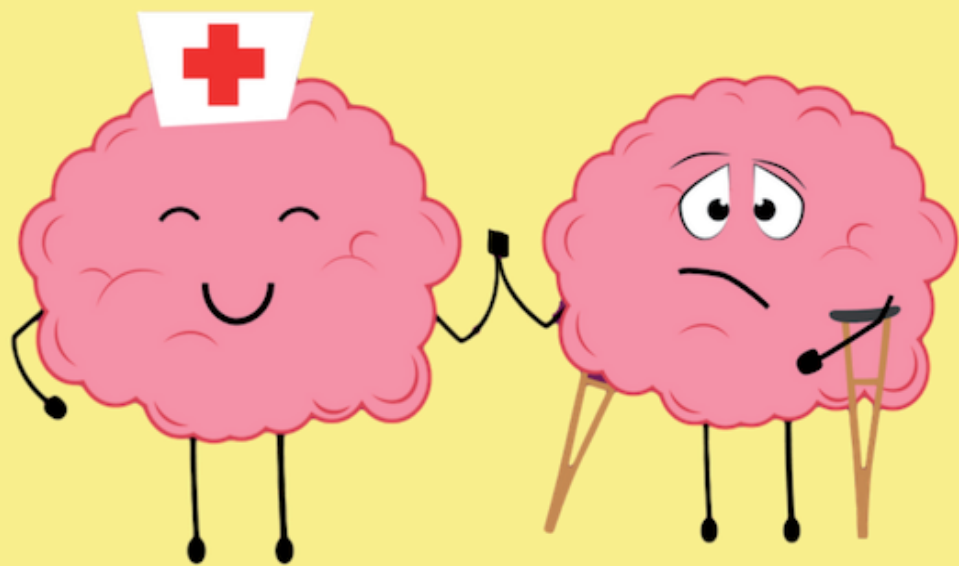
You can talk to
or read to
them

You can play
their favourite
music

My Story




**A person with a brain injury
might need rehabilitation**




Therapists, Nurses and Doctors help
people, they are like teachers
helping the person to do things !


Rehabilitation helps a person...



To learn to
do things
again



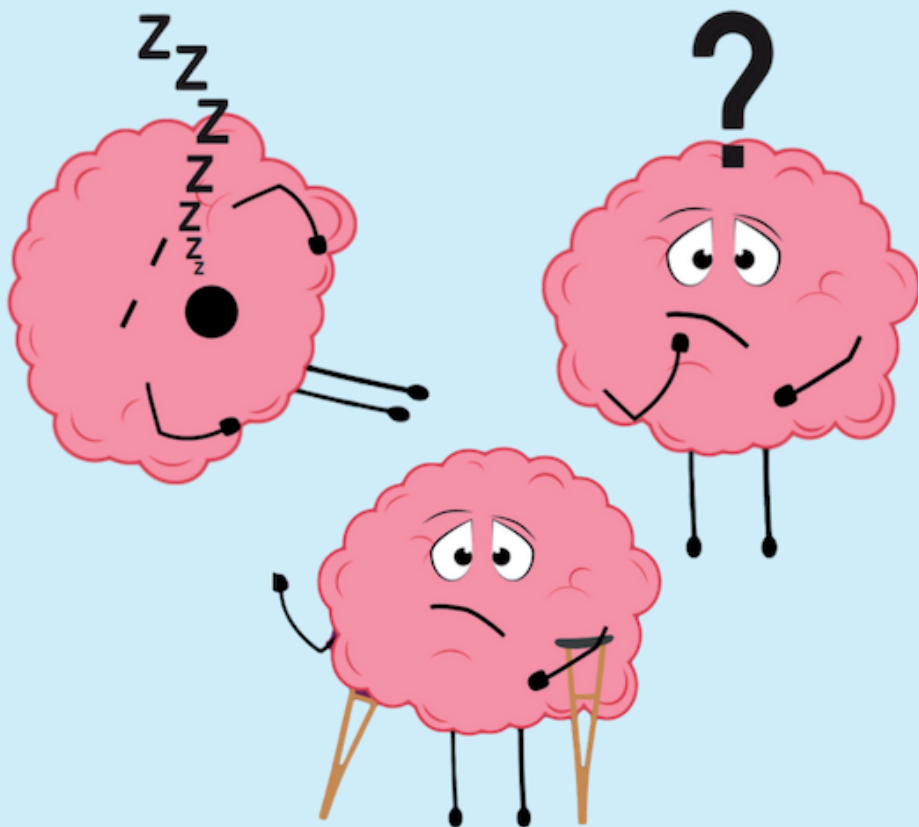
To learn to
do things in a
different way



To learn tips or
'strategies' like
reminders

What kind of problems can people with brain injuries have ?

- They might be forgetful or tired
- They might talk differently
- They might not walk very well
- They might look the same but act different



What things do you notice ?



Draw or write in the box

Do brain injury problems get better ?

Lots of
problems get
better

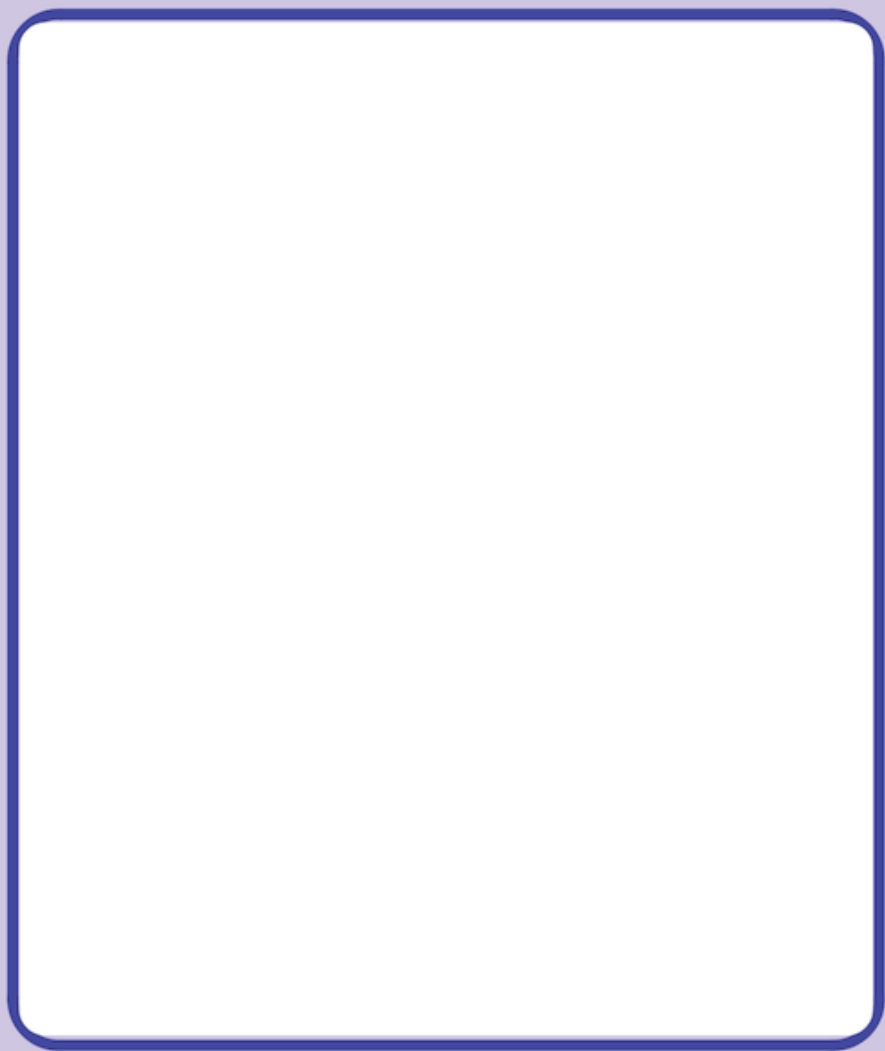
It can take a
long time

Some things
improve but
don't get fully
better

Sometimes
problems don't
go away

Sometimes the
person needs to
be cared for in a
hospital or a
special home

Whats happening in your story ?



Draw or write in the box

Things have changed in my family



BIG
Changes

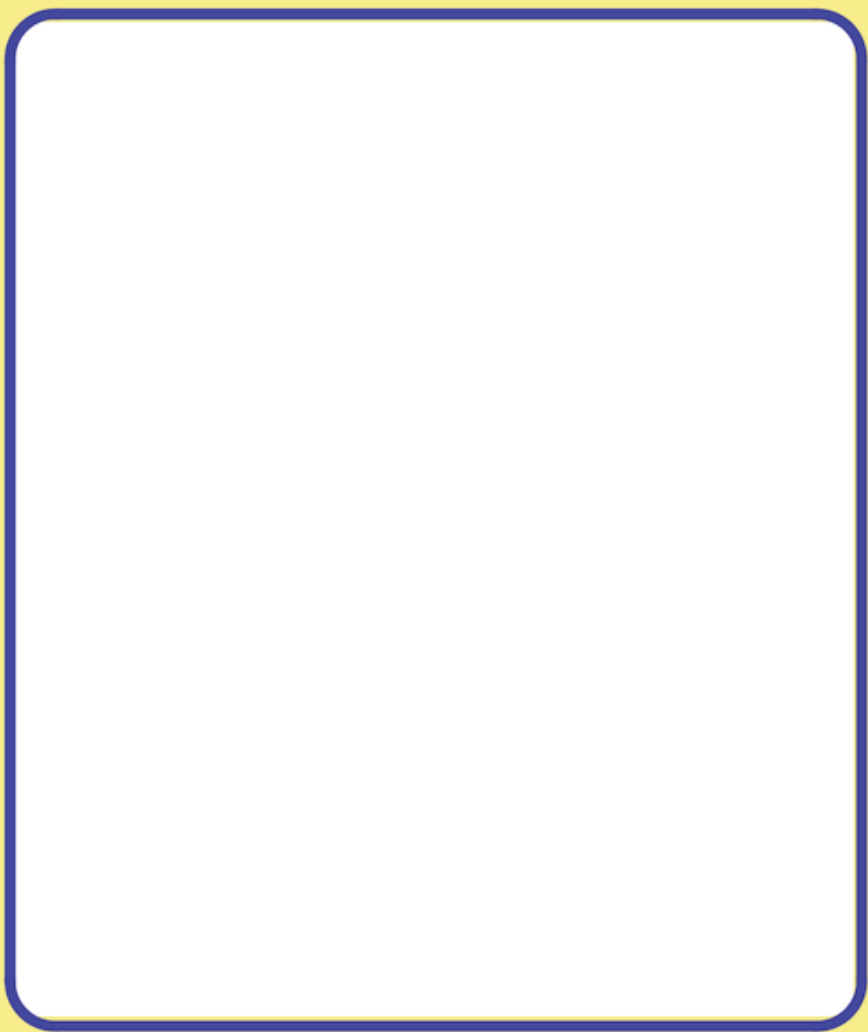
Little
Changes

Good
Changes

Changes
I don't
like

Changes
I worry
about

Whats happening in your story ?

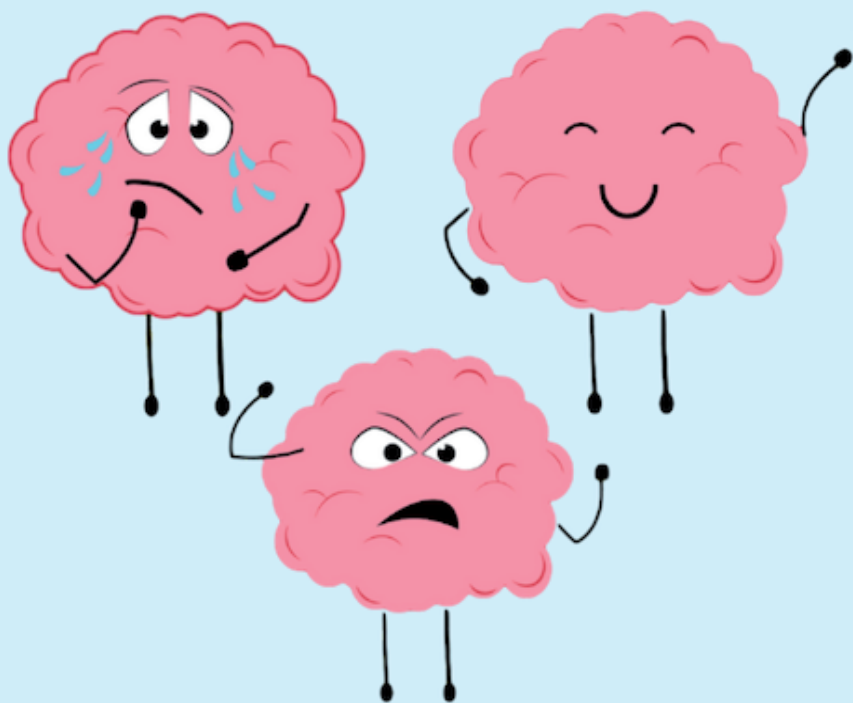


Draw or write in the box

How does it feel to have a brain injury?

People with brain injuries can
react differently than they used to

Their feelings might change
very quickly





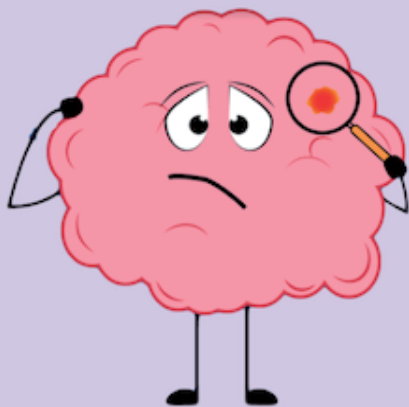
Remember !

You will have lots of feelings too !

Draw or write your feelings in the box

What can I do to help...

the person who has the brain injury ?



The therapist can give
you some tips !

What can I do to help...

Myself ?

Others in my family ?

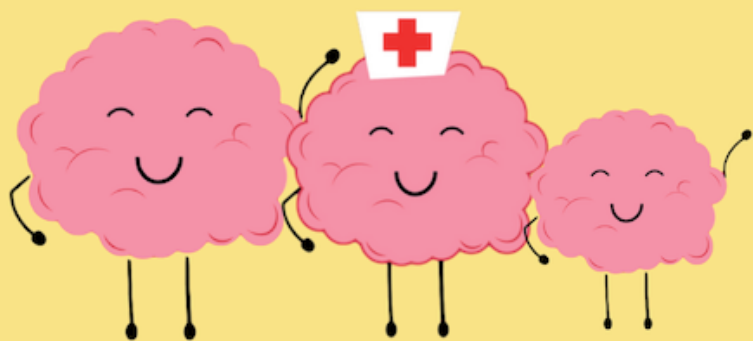
Other things I'd like to ask ?

?

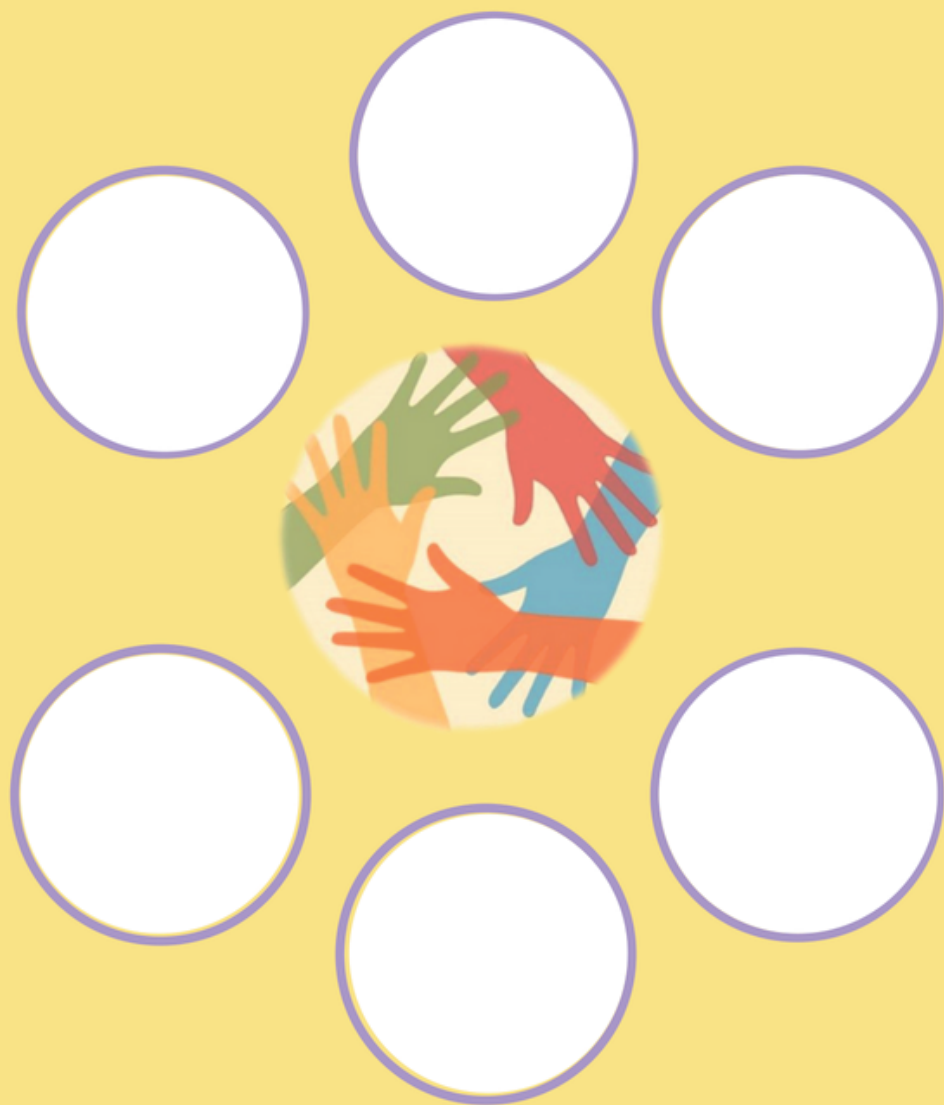
?

?

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People I can talk to who will help



"Whats The Story?"

When someone in your family has a brain injury

This workbook is part of a resource pack:

Supporting Child Relatives of Adults With Acquired Brain Injury A Resource For Rehabilitation Teams

The aim of the pack is to help children to understand brain injury, while giving them the opportunity to discuss their own family situation and their feelings

This workbook can be used in conjunction with other resources for children listed in the main resource pack

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