

Effects of Brain Injury

A brain injury can lead to many personal changes, these will be unique to each person based on their lived experience and specific injury.

There is a lot of support available if you or someone you know are experiencing any of the following changes.

Physical

Many people make a strong physical recovery after a brain injury. However, some physical difficulties people may experience include:

- Senses such as sight and hearing may change
- Fatigue or tiredness
- Difficulties with speech
- Seizures (possible epilepsy)
- Difficulty moving about
- Muscle tightness
- Changes to balance
- Irregular or uncontrolled movements (ataxia)

Cognitive

The cognitive effects of a brain injury affect the way a person thinks, learns and remembers. People may find that they struggle with some everyday functions, such as:

- Difficulty remembering
- Changes to language (aphasia)
- Co-ordination difficulties
- Problems with planning and organisation
- Difficulty concentrating
- Repeating actions or information
- Problems with reasoning
- Loss of empathy for others

Behavioural

There are many behavioural changes one might go through after a brain injury, these can include:

- Saying or doing inappropriate things (disinhibition)
- Acting without thinking first (impulsiveness)
- Focusing on only one topic (obsessive behaviour)
- Irritability and aggressive behaviour
- Lack of interest and low motivation
- Difficulty seeing things from another perspective (egocentricity)

Emotional

Everyone with a brain injury experiences some changes to their emotions, these can include:

- **Feeling more anxious or worried**
- **Feelings of sadness, loss or depression**
- **Mood swings**
- **Changes to personality - e.g. more angry, feeling a loss of identity**
- **Possible symptoms of post-traumatic stress disorder (PTSD)**

For more information and support services for individuals, family and friends affected by brain injury, please visit www.headway.org.uk

Please visit www.aberdeenshirecp.com for additional information on how we can help further.

Reference

MEDIAmaker. (2019). Effects of brain injury. Retrieved from Headway.org.uk website:

<https://www.headway.org.uk/about-brain-injury/individuals/effects-of-brain-injury/>