

How Brain Injury Can Affect Relationships

Couples

There can be lots of new changes for both people to adjust to when a brain injury occurs.

Partners may need to take on a caring role, especially in the early stages of recovery.

These changes take some time to adjust to and can be challenging for all involved.



Parents

When a brain injury occurs it is often a frightening time for the whole family.

It is understandable that parents have worries about what the future may bring, especially as outcomes after brain injury can be difficult to predict.

Parents of adult children with a severe brain injury, may also become more involved in caring tasks.



Children (of adults with a brain injury)

Older children will likely have questions and will understand they can have a role helping their parent make progress - e.g. spending short times doing something enjoyable together.

Younger children may find it difficult to understand the changes. Keeping some routine and enjoyable activities can help.



Other Family Members

Some family members may take on a longer term caring role.

At times this can lead to stress and frustration for the carer and person with the brain injury.

Some families may enjoy being able to spend more time together than they did prior to the brain injury.



Friendships

It is quite common for brain injury survivors to feel as though friends are drifting away.

The individual may not be able to participate in many activities after their brain injury.



Friendships can strengthen, especially when friends understand how the brain injury has affected their friend.

Work Colleagues

If/when you return to work, you might notice challenges such as:

How do I explain to my colleagues that I need to take more breaks?

How do I get support from my manager/s?

It is important for employers to understand the different effects of brain injury in order to support their employees appropriately on their return to work.

See our infographic on the general effects of brain injury or visit this link: www.headway.org.uk for more information.

The Overall Impact

Some brain injury survivors may feel that their loved ones do not understand what they are going through at times, which can cause feelings of frustration and loneliness.

Family and friends of a brain injury survivor can also feel quite helpless at times if they are unable to understand the effects of brain injury.

Both brain injury survivors and their loved ones can be affected by these changes, and it's important that both feel able to access support when needed.



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/>