

Brain injury



explanation

Looking for the ABI version of yourself

After acquired brain injury (ABI), for example due to an accident or to a stroke, people who have suffered this have no choice but to look for a “new version” of themselves.

This is a hard search together with the loved ones, with many disappointments in which the brain injury victim is forced to face the facts.

People in the immediate vicinity of the brain injury victim who notice this struggle do well to take the following spell to heart:

Don't judge me till you walk a mile in my shoes or live a day in my life

Neurofatigue is an example of a consequence of ABI that is very disabling. It cannot be compared to the fatigue that everyone has after a busy day. After a good night's sleep you can function normally again. Neurofatigue is not related to effort or poor sleep. Despite rest, the battery does not charge sufficiently and therefore the energy disappears very quickly.

In other words, empathy is badly needed for people who have had such a traumatic experience many of whom have lasting (often invisible) consequences.

Our brain is a complex organ. An injury to this organ, ABI, can have very diverse consequences that can also turn out differently for everyone. The consequences are often invisible. It is therefore worthwhile to learn more about this.

A lot of information can be found on the website www.braininjury-explanation.com.

The website offers information about causes and consequences of brain injury and there are also many pages with tips on various topics. Furthermore, there is information about children who suffer from ABI. Brain damage at a young age may interfere with the development process.

The website includes a search function (marked in yellow on the image below):

[Everything on brain injury in plain language](#)



You can also search via the sitemap. The image below shows the first part of it. On the website, the links are clickable.

