UNDERSTANDING SOCIAL RELATIONSHIPS AFTER BRAIN INJURY

Statewide Presentation for Brain Injury Awareness Month

Presentation by Valerie E Stone, PhD, of Answers About Brain Injury  www.AboutBrainInjury.com/FamilyInfo.html
Some possible social & emotional issues following TBI

- Communication
- Tracking multi-person conversations
- Reading faces
- Reading body language
- Figuring out others’ intentions
- Emotional responses
- Changes in sense of humor
- Being impulsive
Just a little bit about the brain

There is a good medical reason for these social & emotional symptoms!

Social & emotional areas of the brain
There is a good medical reason for these social & emotional symptoms!

Social & emotional areas of the brain

Connections between social & emotional brain areas
There is a good medical reason for these social & emotional symptoms!

Social & emotional areas of the brain

Brain areas most likely to be affected by TBI
Just a little bit about the brain

There is a good medical reason for these social & emotional symptoms!

Social & emotional areas of the brain

Brain areas most likely to be affected by TBI

A lot of overlap!
Social/emotional issues that may be a challenge now will be fine later on

- Social & emotional issues get better with rehab!
  - Social skills rehabilitation
  - Cognitive rehab improves relationships
- None of these issues have to be permanent disabilities.
Friendship and support

Support networks are important

Who understands what you’re going through?

Educating friends
Interacting with Co-Workers

1 or 2 people at a time – avoid overwhelm

Having an advocate or coach
Marriage and Long-term Committed Relationships

Partner support and education
- BIAC support groups

Anger & temper issues

5 positive things for every 1 negative thing
Dating

Is there anything more complicated than dating?
Avoiding Exploitation

Financial relationships

Image credits at end of slides
Handouts and tip-sheets for you:
www.AboutBrainInjury.com / FamilyInfo.html

“Educating your Friends and Extended Family”
This is a word document you can change and add to, because each person is different.

“Financial Safety”
These are some tips that are good advice for all of us.

I’m also happy to come talk to your group, or talk to people on the phone during my telephone office hours.
Image credits

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Slides 3-6: *Gray’s Anatomy*, Reflected Sun Images

Slide 7: http://www.brainline.org/content/2009/04/ask-the-expert-group-versus-individual-rehab-therapy.html; http://www.mmc.org/neuro_body.cfm?id=6278

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