

# THE EFFECTS OF ABI

The nature and severity of acquired brain injuries can vary significantly, meaning the consequences can range from temporary impairments in thinking and behaviour, to permanent cognitive impairments and personality changes. Obviously, these changes can have a devastating effect on both the injured person and their family.

In the weeks following a brain injury you will almost certainly encounter physical difficulties. Some of these difficulties will be overcome in the very early stages of your recovery, some could take years to overcome and others may well be permanent.

The physical problems encountered due to an ABI in most cases result from localised damage. This is due to either pressure on the brain or because of a penetrating injury. Physical problems you may encounter include:

- Difficulties with movement
- Weakness or semi-paralysis on the non-injured side of the body
- Problems with balance and co-ordination
- Speaking and swallowing disorders
- Loss of sensation in taste, smell or body temperature.

Problems that occur in most types of brain injury include headaches, neuro fatigue and post-traumatic epilepsy (see separate information leaflet for further details).

Research indicates that a very high percentage of people suffering from serious ABI's overcome the majority of their physical difficulties within the first year of their recovery.

These physical difficulties obviously cause problems, but it is the cognitive difficulties and personality changes that brain injury survivors find the most difficult to deal with. This is because they can have a greater impact on social, work and family life.

It is important to remember that the nature of brain injuries are unique to each individual. Not everyone will experience the same problems.

**[paulforbrainrecovery.co.uk](http://paulforbrainrecovery.co.uk)**

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