

Most people live their lives not giving a thought about what they have accomplished. We plug along with day to day events or situations.

UNTIL Life stops the way you're use to! Your abilities change, for example.....physical movement, memory, concentration, motivation, determination, planning (even hourly), mood/behaviour, **you change**. These can happen with a motor vehicle accident, or blows to the head, or a fall, to name a few.

When this unfortunate experience occurs, we are required to work harder than we ever have and differently, to try and "regain" our abilities. I looked at my head injury in the beginning, with disbelief, anger, and resentment.

Through a lot of support, and therapy, I regained some of my abilities. Do I miss my abilities I don't have? The answer is YES! But I like and I'm happy about my abilities I realized I still have. My motivation has always been the thought, IT COULD HAVE BEEN WORSE!

I'm **speaking** to you today, I'm not **presenting**. In other words, I'm sharing what worked for me, in hopes the ideas might work & help you.

I took my experience as an opportunity to revise **me**. Through re learning my abilities, I also learned to adapt to some ways of doing things. For example, my walking. I use a cane to keep my balance.

I'll give you an idea of the **steps** I had to take to get to the use of my cane.

After the accident..... re learning the skills of sitting up in bed or chair unsupported, being in a wheelchair for mobility, using a walker to re learn how to walk, learning how to use the cane for stability. These skills took me, 6 months to begin with after my coma!

Recovery is one of the toughest journeys a person takes after an injury.

Being determined to succeed for you helps too!