

Hello Everyone!

My name is Tammy, and I am a proud survivor.

Has my life changed because of my Injury? **YES!** The only constant we have in life is **change** especially when we're injured. But I took the opportunity of this particular change, to revise myself. And it was, in my mind, an opportunity. I **WANTED** to enjoy my life even **WITH** my deficits/changes.

I'll be honest and say, it wasn't always smiles and handshakes in the first couple years of my recovery. I had many emotional upsets and downs. I was angry for what I lost; I was disappointed to have my goals and my life changed, I was extremely fearful of my abilities to be a parent to three children who always looked to me for support. But at the end of the each day, I thought of how fortunate I was to have my life!

I have aids and strategies in place to help me move forward in my life. Since I was here last year with you, I have accomplished being a supportive parent, an active participant in obtaining a new home that is on one floor and has the amenities I need to live safely and comfortably.

I have gone through all the testing with Doctors, Video Simulation sessions, and driving assessments and driving classes over the last 2 years to be able to get my G2 driver's license and I now have a car.

I continue many physical therapies to improve my walking ability. Which I'm happy to say, is always improving. My daily activities include, participating in cognitive skills programs on the computer, planning my meals for the next day, maintaining a clean home, I plan events for the next day, spending time with friends and family. Every day can be an adventure if I don't plan ahead. Everything I do requires me to think ahead now. Thinking ahead promotes successful results.

I use to play soccer. After taking the last 4 years to recover and adapt to my injury, I have become the coach for my old soccer team! I miss being on the field with the players, but the Social Connection I get with them by coaching is great!

My life now, is more of a journey than before. I need to take more time to process my thoughts, my mobility is slower than use to be, a lot of my working skills are missing.....But, it's OK! I'm alive and happy and still very determined. I wake up each day and I'm glad to begin another day!

I found that my friends and family are loving and helpful. I embrace having them in my life!