

Returning home after being in hospital with a brain injury

People are often keen to get home from hospital but it can be trickier than you think. Here are some tips to help you.



Mixed emotions

It is normal to feel worried and tearful after leaving hospital. If these tips don't help you, please do speak to your GP for support.



Build an enjoyable routine

It is helpful to have a nice range of activities when you leave hospital (as well as time for rest and recovery). Recovery after leaving hospital involves you gradually doing more and more over time. Try to do enough to gently challenge yourself, but avoid the traps of doing too much or too little. Creating a visual timetable can help.



Things take time

It can be tempting to jump straight back into the things you did before, but remember to take your time – you wouldn't expect someone with a broken leg to start walking again straight away.



Memory and thinking

There are lots of ways to manage memory and thinking problems after a brain injury. Check out www.headway.org.uk for some ideas.



Social connection is a great mood booster

Support from others after a brain injury can help you feel supported. It is helpful to speak openly about how you are feeling and what you need. Other people often say they want to help but don't know what to do – you can help by telling them!



Congratulate yourself for your achievements

It's great to feel proud of how far you have come. Think back to how you were when you first had your brain injury and where you are now. Focus on all the small victories.



Eat a healthy diet, slowly return to exercise and get into a good sleep pattern

Lifestyle factors like eating healthy meals, gentle exercise and developing a good sleep pattern are important for recovery, mood, and help your brain function effectively.



Ask for help when you need it

There will always be someone who can help. Don't be afraid to reach out to friends, family, charities, or services. It is best to not do this alone.



It is a legal requirement to inform the DVLA if you have had a brain injury requiring hospital admission. Recommendations vary according to injury severity, but generally you should cease driving for 6 to 12 months. You should complete the B1 Form on the DVLA website.

Resources to support you on discharge from hospital after a brain injury

Below is a list of online resources that have been known to be helpful for people who have had a brain injury, as well as their relatives and friends.

If you have any specific questions about your condition please contact your GP.



Headway – www.headway.org.uk

Headway is a UK-wide charity that works to improve life after brain injury. Their website has information about brain injury and they have support groups across the UK. You can find your nearest branch on their website.



Brain and Spine Foundation – www.brainandspine.org.uk

The Brain and Spine Foundation website has booklets and factsheets for over 600 neurological conditions. They also have a helpline for advice.



Head Injury Information Directory – www.hiid.org.uk

This is an online resource with information about services for people with brain injury across Scotland. They also hold in person events each year.



Head Injury Symptoms – www.headinjurysymptoms.org

This website has information mild head injury, concussion and mild traumatic brain injury. It also contains many practical tips and tools to help with brain injury recovery.



Health in Mind – www.health-in-mind.org.uk

This is a mental health charity that provides one-to-one and group support, both online and in-person.



Drinkaware – www.drinkaware.co.uk

Drinkaware aims to reduce alcohol-related harm by helping people to change their relationship with alcohol.



Victim Support Scotland – www.victimsupport.scot

Victim Support Scotland provides information, practical help, emotional support and guidance for victims of crime, witnesses and family members.



Women's Aid – www.womensaid.org.uk

Women's Aid works to support women who are in, or have been in, abusive relationships.

