

Traumatic brain injury (TBI)

Bring One Brain Injury Recovery Question

Adults with a treating clinician or chosen support person | 10 to 15 minutes

After a brain injury, a familiar task may feel different. Use this page alongside your treating team's advice to describe one concern, such as following instructions or managing a busy setting. You do not need to push through symptoms to complete it. Ask someone you choose to help record your words.

Choose one daily activity. Note a concrete example and prepare a question; follow the treating team's existing safety and activity guidance.

Describe a manageable example

Record the task, what felt different, and any support that helped. Avoid repeatedly testing your limits. A short note about the setting and impact can be more useful than a long account that becomes tiring.

Ask for a tailored plan

Ask the team what adjustments, rehabilitation services, or follow-up may fit this concern. Clarify instructions you do not understand and who to contact if things change. This worksheet cannot decide readiness for driving, work, school, exercise, or sport.

1. What daily activity has become difficult or different?**2. What did I notice, and what support already helped?****3. What specific question do I want my treating team to answer?****4. How will I remember the agreed advice and arrange follow-up?****Clinical use and adaptation**

Use only after appropriate medical assessment and within the treating plan. New or worsening symptoms need prompt medical guidance; emergencies take priority over the worksheet. Adapt for fatigue, memory, language, vision, and motor access. Do not prescribe exertion, diagnose injury severity, or authorize return to activity.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: R08, R11. Full sources are in the online preview and collection appendix.

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