

SELF-AWARENESS/ANOSOGNOSIA



The ability to assess their own abilities and limitations. Individuals with brain injury may not recognize changes in behavior or personality.

LOOK FOR:

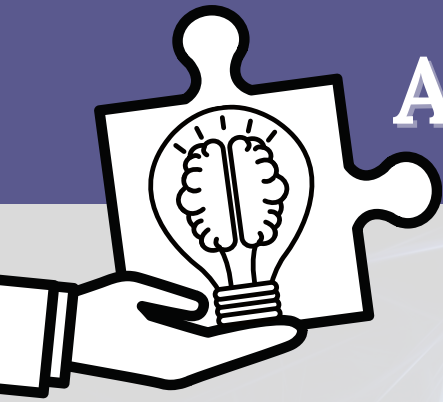


- **Difficulty:**
 - recognizing a problem while it is happening
 - understanding why rehabilitation therapies are needed
 - putting goals and strategies into action
 - generalizing knowledge from one situation to another
 - monitoring your progress
- **Not following recommendations of providers**



Brain Injury
Alliance

I O W A



ACCOMMODATIONS

- Learn how to use safe “supported risk taking” techniques from providers
- Work with providers to develop effective problem solving techniques
- Ask for realistic feedback from members of your support system
- Use a memory notebook, video reviews, or device (*e.g., cellphone*) to track progress and setbacks
- Consider participating in individual therapy to help you process the changes in your life



**ADJUSTMENTS AND
CHANGE TAKE TIME!**



CITATIONS

The development of this project was supported through the Brain Injury Services Program (BISP) of Iowa, through contract 5881BI06 with the Iowa Department of Public Health (IDPH). The contents are the sole responsibility of the authors and do not necessarily represent the official views of IDPH.

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