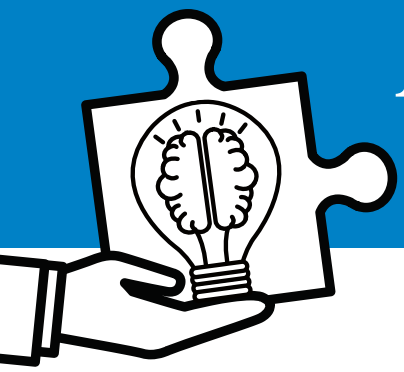
SELF-AWARENESS/ANOSOGNOSIA

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

*Up to **97%** of individuals with a brain injury have difficulties with self- awareness due to frontal lobe damage.*

LOOK FOR:

- **Underestimating problem areas related to brain injury**
- **Not following or understanding recommendations of providers Inaccurate self-perception or self-image**
- **Difficulties with:**
  - **recognizing a problem in the moment*(lacking insight)***
  - **putting goals into action/monitoring progress**
  - **generalizing knowledge/abstract reasoning**



ACCOMMODATIONS FOR PROFESSIONALS

- **Avoid directly confronting or challenging the individual's ideas about their abilities**
- **Provide opportunities for self-discovery of errors**
- **Introduce new ideas or options gradually**
- **Use "supported risk taking" techniques**
- **Provide straight-forward, realistic and supportive feedback *(e.g.,"Because your reaction times are very slow … this means you are not able to drive now")***
- **Suggest the use of a memory notebook, video reviews, or device to track progress**
- **Set goals WITH the individual**
- **Encourage the individual to get feedback from multiple people *(family, peers, and friends)* so they have more than one source of information**

CITATIONS

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