

Acquired Brain Injury Factsheet

Acquired Brain Injury (ABI) is a complex and individual condition that describes any injury to the brain that occurs after birth.

When the brain is injured, people can experience a range of disabilities that affect them not only physically, but how they think, feel and behave as well.

ABI is not the same as intellectual disability. Though people with a brain injury may experience speech and communication difficulties, they generally retain their intellectual abilities.

There are multiple causes of ABI, which can be grouped into two categories – traumatic brain injury and non-traumatic brain injury.

What is traumatic brain injury?

Traumatic brain injury (TBI) describes the situation when an external physical force causes sudden trauma to the brain. Common examples involve a fall, motor vehicle accident or assault causing bruising, tearing, stretching, swelling and/or penetration of one or more areas of the brain.

What is a non-traumatic brain Injury?

ABI can also occur as the result of a non-traumatic event, such as disease, aneurysm, lack of oxygen, alcohol or drugs causing damage to the brain. The leading cause of non-traumatic ABI is a stroke, where the brain's blood supply is stopped by a clot or bleeding.

How does brain injury affect a person?

Brain injury affects everyone differently, as the brain controls every part of our physical, intellectual and emotional being. When the brain is damaged, other parts of ourselves such as our behaviour, emotional functioning, and even personality, may also be affected.

Common symptoms include:

- Increased mental and physical fatigue
- Medical difficulties
- Changes in physical and sensory abilities
- Changes in the ability to think and learn (cognition)
- Communication difficulties

How can Just Better Care help?

Just Better Care offers practical solutions, such as providing support and activities of every day living (ADL) including

- Assistance with managing personal care, such as help showering, toileting and dressing
- Working collaboratively with the rehabilitation management team to work with people on their individual strengths
- Empowering the individual with support in social and community activities
- Respite in and out of home to relieve carer stress
- One-to-one support to go on outings and remain involved in the larger community

References

[Brain Injury Australia](#)

[Brain Injury Association of NSW:](#)

[Better Health Channel, State Government of Victoria:](#)