Traumatic Brain Injury and My Grandparents

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ABSTRACT
This article explores some of the trials and tribulations the family members of patients with traumatic brain injury go through. In the first part, Jazmin Price recounts her recollections of the accident which changed her grandparents’ lives and the effect which it had on her interactions with them. In the second part of the article, Dr. Amy Price, Jazmin’s grandmother shares her side of the story and shares how despite the challenges a TBI patient faces, “where there is life, there is hope”

Keywords: Cognitive Rehabilitation, Neural Plasticity, TBI and Family Support, TBI Challenges, Traumatic Brain Injury (TBI)

PART 1
By Jazmin Price

You see them cringe with pain. You watch as they use machines to keep pain from sneaking up like a fox. They block out the world when trying to work, realizing it is too hard to concentrate. Doctors tell you they won’t be the same. This is you after your loved one has been in a car accident receiving numerous head injuries. We think it will never be us. “Nothing like that could ever happen to my family” you say, but so quickly that thinking could change. It is a scary time and knowing what to expect makes the journey an easier one.

My grandma is the most athletic person I know. Running, biking, and swimming every day, it became a routine. Sometimes I would join her but things changed after her accident. She began to exercise less, doing more inside than outside. She got tired so easily. Simple tasks like walking the mall became a challenge that she didn’t want to face. Everything made her so tired; she needed naps and breaks often. After the accident my grandma had trouble doing things she normally would do.

Furthermore, if you walk into my grandparents’ house you are most likely to find both my grandma and grandpa sitting at their desks doing research, working, or more schooling, doors wide open. That is how it is has always been, although after the accident the doors were sealed tight blocking out the sounds of the house, the distractions. Focusing became too difficult and you could see it in their faces. Typing an email was hard work. They got stressed so easily. I used to see them furiously punching the
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