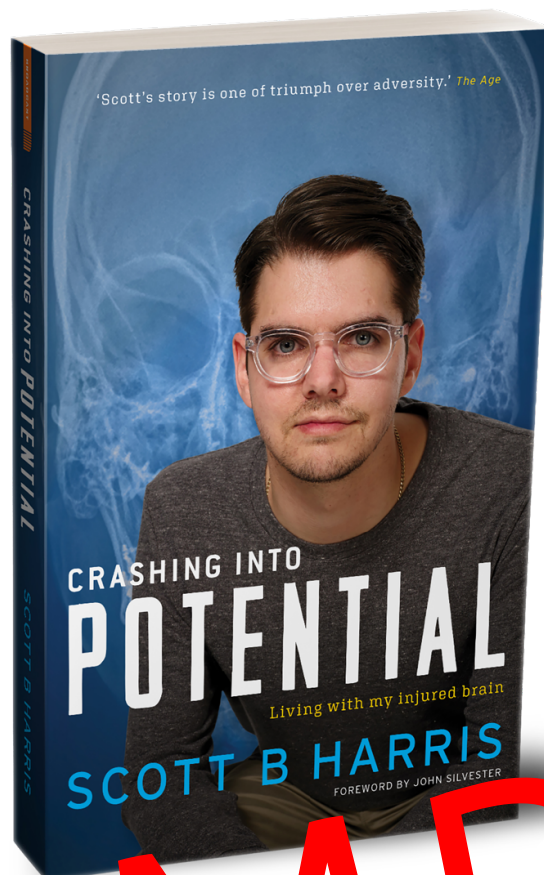




# CRASHING INTO POTENTIAL

VM Literacy Program – By Scott Harris



SAMPLE

## Activity 1

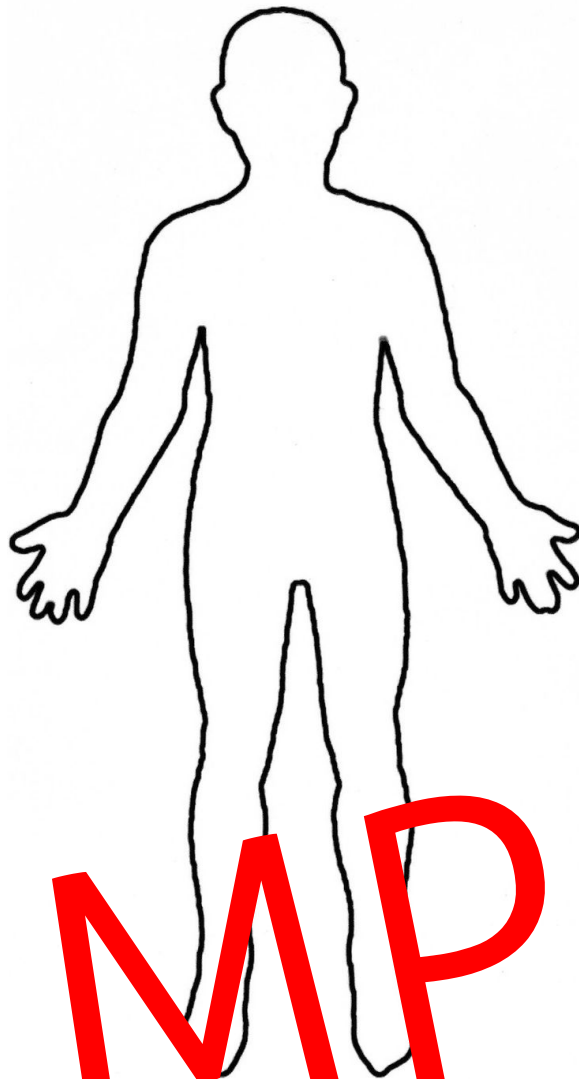
### Mini Research Task

<https://www.brainline.org/article/lost-found-what-brain-injury-survivors-want-you-know>

- Use the above website and others to research how a brain injury affects people
- Find at least once case study and write 4 details about it
- Dot point 5 struggles faced by people with brain injuries and share with the class

### *How my body supports me from morning to night*

Spend five minutes writing down all the things your body helps you do from morning to night:



**SAMPLE**

*How my brain helps me from morning to night*

Spend five minutes writing down all the things your brain helps you do from morning to night:



**SAMPLE**

**Activity 2**

***Living with a Brain Injury***



Watch this clip and complete the below  
[Broken Part 1: Living with a Brain Injury - YouTube](#)

TK is 22 years old and six months ago he had a car accident with left him with a traumatic brain injury. He’s just learnt to grab a toothbrush again at the ABI rehabilitation centre.

‘I wasn’t wearing my seatbelt and I hit the front dashboard and it flung me back’

His mother explains that when she first saw him after the accident ‘he looked unscathed’ but why was this ironic?

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What were his hopes for young adulthood?

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How often does someone sustain a brain injury in New Zealand? \_\_\_\_\_

Terry the truck driver had an accident on the road. What has Terry forgotten?

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How challenging would this be for his wife Robyn?

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Stephanie Kennerley Clinical Psychologist explains how two people can come in with ‘very similar scans’ but can present ‘completely different’ and long-term effect may be different. How does this make it hard to create treatment plans or to tell families what to expect?

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“Our brains are delicate organs surrounded by fluid. When we hit our head, the fleshy brain crashes into the hard skull damaging the tissues.” Client three Eltje says ‘life has lost its shine’. What does this metaphor suggest?

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**SAMPLE**

The last thing she remembers is cycling on a highway. Likely she was the victim of a hit and run incident. Medics use the Glasgow Coma Scale to determine how severe a brain injury is and when Eltje was assessed hers was the lowest possible survivable rate. They didn't think she would ever speak again. She's been lucky, she is determined.

What evidence do you see of Eltje's determination?

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How hard do you think TK's challenges would have been for his mother?

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He was crying "get me out of the car...I can't get out of the car, Mum".

Johnathon Armstrong is the director of the rehabilitation centre. What is the aim of his newspaper group?

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Have you ever been in a situation where it was inappropriate to laugh but you did? What was it that helped you regain composure?

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Why is this harder for TK?

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"since my accident everything makes me laugh...and it's really bad and it's really good at the same time." Why do you think TK finds it both bad and good?

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Terry's son is overwhelmed by his father's accident and injury.

Being hopeful means:

Being realistic means:

Terry's son says you must "accept what you can or can't do." How would it be hard to balance hope and realism with a brain injury?

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Tk says 'I'm on my second chance of life'

**SAMPLE**