



Living with traumatic brain injury

Self-management and self-efficacy

As reported by 131 members of PatientsLikeMe's traumatic brain injury (TBI) community

Symptoms members say they manage extremely to moderately well



poor coordination



balance issues



dizziness, visual difficulties and/or light sensitivity

Who is most helpful in managing your TBI symptoms?

Family

50%

Spouse or partner

48%

Therapist or counselor

44%



of members who report getting enough sleep feel it's effective in managing their TBI



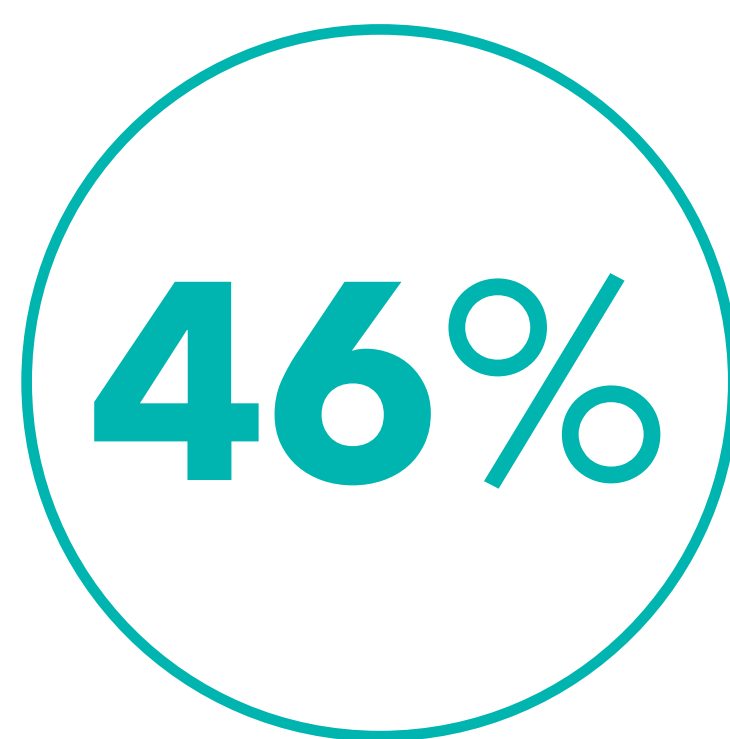
Most effective treatments

Physical rehabilitation

70%

General exercise

67%



of members are at least moderately hopeful they can recover from TBI



Life hacks, tricks, and strategies members learned that have helped improve their symptoms

