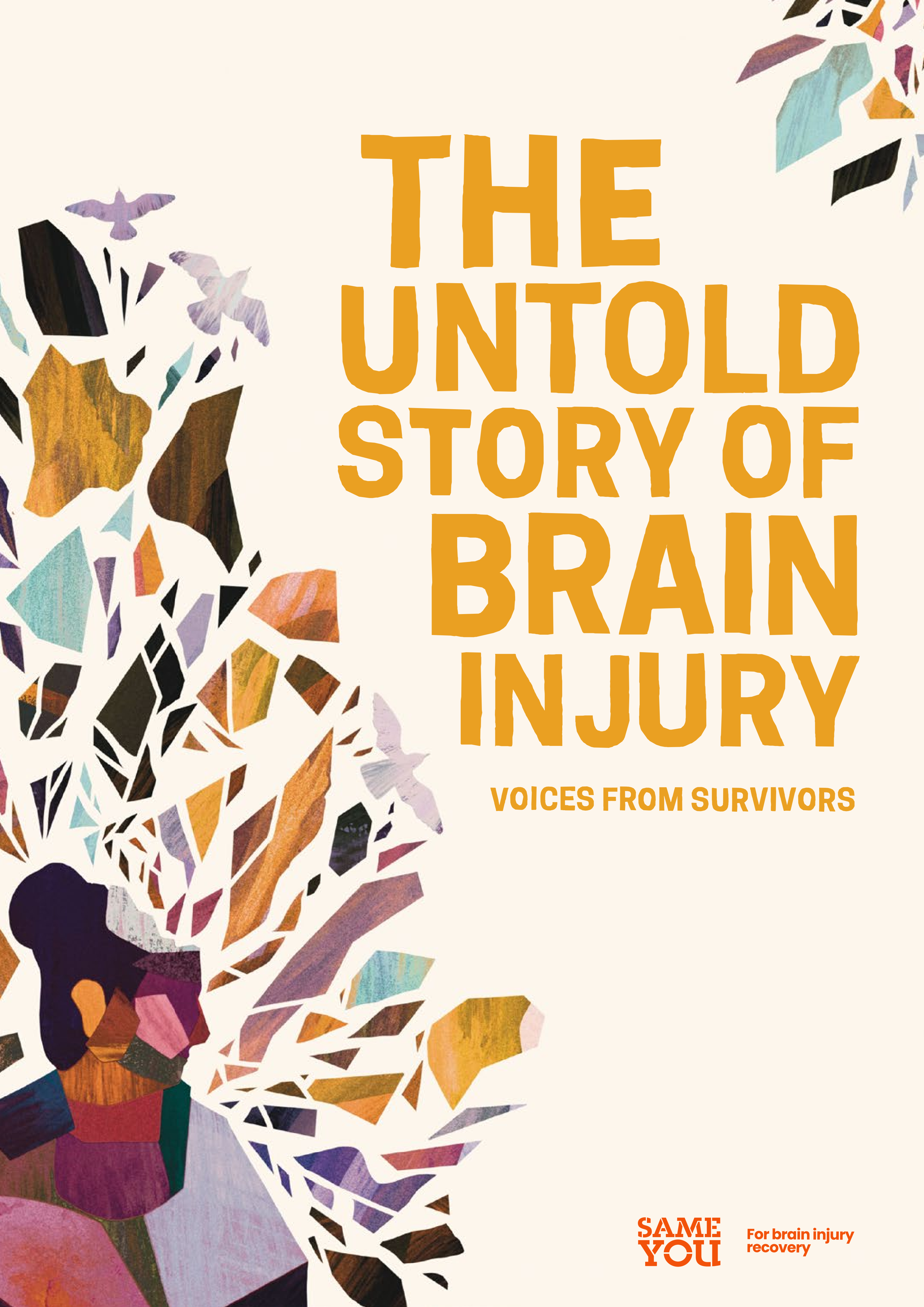

THE UNTOLD STORY OF BRAIN INJURY

VOICES FROM SURVIVORS

SAME YOU

For brain injury recovery

On the 21st March 2019, I shared my deeply personal experiences of having two cerebral aneurysm bleeds. I spoke for the first time of having two neurosurgeries and the consequent neurological symptoms such as losing my speech, pain, fatigue, and the psychological impact. I have lived with the profound uncertainty that it may happen again, and the ultimate fear that my own brain might kill me. Horrible as this all was, I realised that I was not alone and that others had experienced similar things. So I asked you to tell me your story, and over 1400 of you did. You and your loved ones responded with stories of your pain, loss, resilience, and recovery, just like me.

Emilia Clarke

Over 10,000 people have written to Emilia since we launched SameYou. This unique report summarises the main themes from 1400 voices, as well as the experiences of your loved ones, who were also affected by your brain injury. We invite everyone to hear and understand the lived experiences of brain injury from the survivors themselves and find out what has helped people recover and what is needed to help so many more.

This report is a guide to the life-changing challenges survivors face and we hope it will help to start to transform the way brain injury survivors and their loved ones are supported.

We are grateful and humbled by all your stories and we hope that this report will, even in some small way, make you feel less alone and more connected to the wider community of people with similar experiences. This includes Emilia, who is someone with an extraordinary story, the same as you.

OVER 1400 PEOPLE HAVE WRITTEN ABOUT THEIR EXPERIENCE OF BRAIN INJURY.

This amazing response was, in part, a reflection of how many people identified with Emilia's story. This report is structured around the five main themes that emerged from your storytelling: Unsliencing our story; Out of the blue; Living with the impact; The road to recovery; A new path.

“IT’S OKAY TO TALK ABOUT IT.”

There was a common feeling of relief about hearing a familiar story from someone familiar, someone that many admired. People were comforted that Emilia had gone through something similar to them or to a family member or loved one. The overwhelming emotion was of gratitude that Emilia was breaking her silence and that enabled and emboldened so many others to tell their brain injury story (some for the first time). It’s as if people now have permission to speak out about their story.

“IT’S OKAY TO TALK ABOUT IT AND DOESN’T NEED TO BE A “HIDDEN CONDITION” BUT SOMETHING THAT PEOPLE CAN GET PAST.”

“READING YOUR ESSAY MADE ME FEEL NORMAL AND UNDERSTOOD FOR THE FIRST TIME. IT’S SO HARD FOR OTHERS TO UNDERSTAND WHAT YOU’RE GOING THROUGH - PHYSICALLY AND EMOTIONALLY.”

So many people with brain injuries believe that they are all alone. People feel abandoned and for many their lives have changed and social circles have narrowed. This results in feelings of loss, shame, isolation, and frustration. By sharing her story, Emilia has made people feel less alone and for some, finally understood.

Hearing Emilia’s story has also given people a reason to hope that things for them too may get better and she acts as a beacon of inspiration. Young people in particular were heartened to know that someone famous, that they respected and admired, had suffered and recovered so well. There is excitement that SameYou is helping to bring people together and helping raise awareness for something that they believe is misunderstood and unseen. People want to belong to this community and want a call for action for more help.

“MY DEEPEST REGARDS AND RESPECT TO HER FOR STARTING THIS CHARITY AND FOR HELPING ME BELIEVE THAT EVEN AFTER EVERYTHING I’VE GONE THROUGH, I AM STILL MYSELF.”

CHAPTER ONE

UNSILENCING OUR STORY

CHAPTER ONE

> **“I GET DAYS WHEN I JUST WANT TO GIVE UP. BUT AFTER HEARING YOUR STORY IT HAS MADE ME REALISE, I’M NOT ON MY OWN! I’M NOT THE ONLY ONE IN THE WORLD WHO HAS HAD IT. IT TURNS OUT MY FAVOURITE ACTRESS THAT I AM A MASSIVE FAN OF HAS HAD THE SAME AS ME!”**

When people first read or heard Emilia’s story many had an emotional reaction as they were listening to someone describe their brain injury and what they had gone through publicly for the first time. And she was a young person. Emilia’s story resonated with so many and they concluded that she was the same as them.

OUT OF THE BLUE

CHAPTER TWO

> **“ANOTHER SHARP, SUDDEN PAIN OCCURRED, EXCEPT THIS ONE WAS ABOUT 100 TIMES WORSE THAN THE FIRST. IF I HAD TO IMAGINE WHAT BEING SHOT IN THE HEAD FELT LIKE, THIS WOULD BE IT.”**

Brain injury can happen in lots of different ways. It can be due to an underlying weakness in the brain that people are often unaware of. It can result from falling down the stairs, being assaulted or in an accident. It can happen if you are a child, young or old, fit and healthy. It can happen to children, parents, grandparents. Regardless of what caused the brain injury, it can occur out of the blue and the event itself is sudden and dramatic. Many describe blinding headaches, numbness, and detailed descriptions of ensuing panic. Family members felt distressed and terrified. One described it as feeling “buried under the trauma” of feeling scared at not knowing or understanding what was happening, and many people were told they or their family members may die or could have died. Some had no memory of the event and rely on piecing the story together from the account of others.

> **“BURIED UNDER THE TRAUMA”**

“I THINK THE DOCTORS JUST THOUGHT I WAS A MIDDLE-AGED LADY THAT WAS OVERLY CONCERNED AND I WAS JUST FAINTING.”

“THE PARAMEDIC TOLD ME I WAS HAVING PANIC ATTACKS AND NEEDED TO GO HOME AND REST.”

On top of complex medical issues, people reported a lack of awareness or understanding about the signs and symptoms of a brain injury from the medical profession. Some described their initial encounter of seeking help at hospital where their symptoms may have been minimised, not taken seriously or attributed to something else.

Many have stated more training is needed to recognise the signs so that more lives can be saved. But there also seems to be a lack of understanding generally about brain injury in younger people. Brain injury is associated by society as an older person’s problem and this can add to the shock of the diagnosis when it is happening. It makes it even harder for many to get their head around this both for the person with the brain injury, and their families and loved ones.

“I WAS SO CONFUSED & FELT LIKE I WAS THE ONLY YOUNG PERSON THIS HAD EVER HAPPENED TO…! I JUST COULDN’T UNDERSTAND WHY THIS HAD HAPPENED TO ME AT MY AGE.”

“WHEN I FIRST WOKE UP & THE WORD STROKE WAS SAID TO ME I JUST COULDN’T BELIEVE IT AT MY AGE!”

“EVERY DAY I AM NOW ON EDGE WORRIED IF SOMETHING MAY HAPPEN BECAUSE IT COULD HAPPEN AT ANY MOMENT.”

For others the diagnosis took longer and some people had to live with or are still living with a “ticking time bomb”. Many have ongoing surgeries and subsequent complex medical issues. These often result in setbacks and in the need for continuing rehabilitation. Many live in fear of it happening again.

“TICKING TIME BOMB”

How people experienced their brain injury and whether or not they felt supported through this time often leads to resulting feelings of anxiety including post-traumatic stress symptoms. This can have a disabling impact itself by paralysing people through fear rather than any physical reason. This fear can make recovery and engagement in rehabilitation very difficult.

LIVING WITH THE IMPACT

CHAPTER THREE

"ABOUT A WEEK LATER I WAS ALLOWED HOME, BUT THEN I WAS ANGRY AND CONFUSED ABOUT A WHOLE NEW SET OF THINGS - NOT BEING ABLE TO WORK, NOT BEING ABLE TO WALK, NOT BEING ABLE TO READ, OR BE ALONE. AND IT'S NOW ALMOST A YEAR LATER AND I'M STILL CONFUSED AND ANGRY ABOUT A LOT OF IT - NOT BEING AS FIT OR AS STRONG, NOT BEING ALLOWED TO DRIVE, NOT BEING ABLE TO STAY AWAKE."

NOT BEING ABLE TO
~~WORK~~
NOT BEING ABLE TO
~~WALK~~
NOT BEING ABLE TO
~~READ~~
OR ~~BE ALONE~~.

People described many different emotional reactions to their brain injury. There are multiple causes that contribute to these feelings. We know that some types of brain injury and sometimes the location in the brain can lead to emotional changes. However, most people talked about the experience of the brain injury and the changes and challenges that followed. Many people had been in hospital as a result of the brain injury but their journey to recovery was just beginning. The impact of getting to know an altered self and a new identity led to various emotional reactions.

> **“SOME DAYS ARE STILL DARK AND HARD AND ANXIETY IS A MAJOR PART OF MY LIFE TODAY THAT I HAVE TO BE CONSTANTLY VIGILANT ABOUT AND ALSO LEARNING NEW SKILLS TO NOT ALLOW MY BRAIN TO OVEREXTEND ITSELF WHICH IS A NASTY DEFECT I STRUGGLE WITH EVERYDAY.”**

The impact of brain injury has many faces. The common difficulties are cognitive changes, physical and sensory problems, fatigue, pain and changes in how one feels about themselves and the world. The changes in thinking can alter people’s abilities to carry out everyday tasks, for example, forgetting conversations, making it more difficult to remember to do things, or to stay on track in conversation. These changes varied from mild to severe amongst the responders but nonetheless the impact for many was great.

ANXIETY
IS A
MAJOR
PART
OF MY
LIFE.

People described physical changes such as poor balance and muscular weakness affecting their independence and ability to lead life as before. Many spoke about the invisible symptom of neurological fatigue and how this limits the amount and degree of activity that they can manage. Some people lost the ability to produce speech, or to understand it, which is the fundamental currency for communicating in our world. These changes strike at the heart of people's confidence and lead to changes in identity causing some to question who they are anymore. Many fight to remain the same as before but this struggle can lead to depression, anger, frustration and despair.

"I WAS OFF BALANCE AND WOBBLY AND MOVEMENT MADE THIS WORSE. I WAS EMBARRASSED TO WORK OUT IN PUBLIC AND I'D ALWAYS LOVED GOING TO THE GYM AND IT FELT LIKE ANOTHER PART OF ME THAT I'D LOST."

These changes resulted in relationships breaking down, loss of employment and loss or change of their role in society. The financial hardship associated with loss of income had very practical impacts leaving people unable to work, earn and provide for themselves and their families.

"I GOT FIRED FROM MY JOB (A FORGETFUL WAITRESS IS AN AWFUL WAITRESS - RIGHT?) SIMPLY BECAUSE MY EMPLOYER LACKED A BASIC UNDERSTANDING OF WHAT A BRAIN INJURY MEANS."

There was a resounding message that such changes were not temporary but lasting, often unseen and poorly understood by others. People reported feeling frustrated and angry. They ask "Why me?". It can seem unfair and unjust. They remained confused as to how or why this happened and some, years later, continue to struggle.

"MY WHOLE LIFE CHANGED AND I FELT HELPLESS, I COULDN'T GO OUT WITH FRIENDS, I GET FATIGUED REALLY QUICKLY AND I STRUGGLE TO WORK FULL TIME DUE TO THE DEMANDS. THERE HAVE BEEN SOME DARK TIMES AND I'VE HAD TO PULL MYSELF THROUGH."

We heard from loved ones who are carers for family members that are more severely affected by brain injury. Their selfless acts of unconditional love going unrecognised by the outside world with little financial, practical and emotional support afforded them.

"SOMETHING LIKE THIS HAPPENS, SOMETIMES PEOPLE FORGET THAT THOSE WHO CARE ABOUT THE PATIENTS HAVE IT TOUGH TOO. I WORK SO HARD TO BE ABLE TO HELP PAY FOR MY MOM'S CARE AND ALL OF HER BILLS, JUST EVERYTHING."

And for some, people lost their lives to the brain injury. Some family members, friends and lovers wrote in to tell the story for someone who could no longer tell it for themselves. The grief and heartache were still evident and the love for someone who died but would not ever be forgotten.

"IT WAS THE EVENING OF HER 20TH BIRTHDAY THAT I GOT THE CALL FROM THE HOSPITAL TELLING ME THAT MY BABY WAS BRAIN DEAD AND THERE WAS NOTHING THEY COULD DO FOR HER. I HAD JUST TALKED TO HER A FEW HOURS BEFORE THIS SO I WAS IN TOTAL DENIAL. IT IS A PARENT'S WORST NIGHTMARE. WE STILL REALLY DON'T KNOW WHAT EXACTLY HAPPENED AND WE PROBABLY NEVER WILL."

THE ROAD TO RECOVERY

CHAPTER FOUR

"PEOPLE KEPT TELLING ME HOW LUCKY I WAS NOT TO BE DEAD AND I WAS OKAY. BUT THEY DIDN'T SEE ME SCREAMING AT NIGHT FROM PAIN, CONFUSION, LOSS OF VOCABULARY AND ANXIETY. SO NOT TO INCONVENIENCE ANYONE, I KEPT SILENT. AND SUFFERED IN SILENCE."

Many begin their story with how grateful they are to be alive. But as their medical journey ends so their rehabilitation into the world begins. Many shared their stories of amazing nursing, health care and rehabilitation staff whilst in hospital. But being discharged has been compared to falling off a cliff.

For most re-integration into their old lives, or even new lives was fraught and accompanied by a foreboding sense of abandonment. Many spoke of feeling completely unprepared for what was to follow.

> **"BRAIN INJURIES CAN'T BE SEEN."**

"RECEIVING OPTIMAL NEUROREHAB SERVICES AND NAVIGATING THE SYSTEM HAS BEEN A NIGHTMARE TO SAY THE LEAST. I HAD TO RELEARN HOW TO WALK, READ, DRIVE, AND HOW TO MAKE SENSE OF THE WORLD AGAIN."

"THE NEED FOR AWARENESS ABOUT THE EFFECTS OF THIS TERRIBLE ILLNESS IS SO GREAT AS I'VE FOUND HARDLY ANYONE UNDERSTANDS HOW I'M STILL NOT BETTER!! JUST BECAUSE I LOOK NORMAL PEOPLE THINK I AM NORMAL, BUT I'M NOT. IT'S FRUSTRATING THAT I'M NOT HELPED BECAUSE I DON'T LOOK ILL. BRAIN INJURES CAN'T BE SEEN."

The need for help in many forms was evident for almost everyone; financial help, medical help, occupational and vocational help and neurorehabilitation services were thin on the ground but deemed crucial to recovery.

Despite the lack of resources, the robustness of human nature sang through. With help from family and friends, who carry the bulk of the burden, many have gone on to make incredible recoveries driven by self-determination or "grit" and resilience. There have been innovative and creative ways of regaining a sense of self. The lucky ones feel they are close to being the person they were before the brain injury, for others they have accepted and at times embraced a new sense of identity living with lasting symptoms. However, with the greatest will in the world, it also takes time and a lot of perseverance. It is not a linear process and their path, while moving forwards, is frequented by daily strife and challenge. For many it is an uphill struggle and people are shouting loudly for more professional help.

The messages about needing more help is loud and clear. The stories were flooded with people either asking for help directly or their stories indicated a need for further recovery. These voices still cry out, have continued unmet needs and do not know how to name them, or access help for them even if they do exist. For some there is anger about insurance companies deciding on the needs of brain injury survivors. But even for those who do not have the same financial restraints there does not seem to be enough neurorecovery services in general. This was evident by the numerous GoFundMe sites that people set up showing how much help is needed no matter where in the world you are.

Alongside these heart-breaking stories are those of people coming to terms with what happened. There were many examples of people not wanting to be identified by their brain injury. They spoke of defiant acceptance, not by way of giving in or giving up, but more by making remarkable adjustments to their lives and continuing to find meaning and purpose even after such a knock-back.

“THE NEED FOR MORE SERVICES AND AWARENESS ON BRAIN INJURY IS VITAL AND FOR ANYONE WHO IS SUFFERING THE EFFECTS OF A BRAIN INJURY OR THE FAMILIES OR FRIENDS AS IT REALLY HAS A KNOCK ON EFFECT AND MORE AWARENESS AND SUPPORT NEEDS TO BE PUT FORWARD.”

“DEALING WITH INSURANCE AND THE INCREASING PART OF MEDICAL BILLS HAS BEEN DEVASTATING. FINDING THE CORRECT RESOURCES TO GET HIM IN A BRAIN INJURY PROGRAM, AFFORDING SOMEWHERE TO LIVE IN ORDER TO BE WITH HIM DURING RECOVERY HAS STRAINED OUR FINANCES TO THE LIMIT.”

“I’D SAY THAT RECONSTRUCTION AFTER A BRAIN ACCIDENT IS A LOOONG WAY AND EVERY CASE IS DIFFERENT OF THE OTHER, SO THERE IS NO RIGHT WAY… I’D JUST SAY BE PATIENT, TRY TO TAKE ADVANTAGE OF EVERYTHING THAT LIFE CAN OFFER YOU, DON’T BE CLOSE MINDED, JUST STAY OPEN TO ANYTHING THAT CAN STIMULATE YOUR BRAIN, TRY TO DO SOME EXERCISE, READ, MEET PEOPLE, … JUST TRY TO HAVE AS MANY ACTIVITIES AS YOUR BRAIN CAN SUPPORT… JUST BECAUSE LIKE THIS, YOUR BRAIN WILL BE STIMULATED, IT WILL ALSO PRODUCE NEW CONNECTIONS IN YOUR BRAIN WHICH IS THE MAIN POINT!!! HELP YOUR BRAIN MAKE NEW CONNECTIONS!!!”

“HELP YOUR BRAIN MAKE NEW CONNECTIONS.”

CHAPTER FIVE

A NEW PATH

“IT’S NOT WHAT DEFINES ME.”

Accepting and adapting to new ways of being in the world has led people down a different path to the one that they expected to take. Some have been lucky enough to recover much of their previous function and gone back to the road they’d previously been travelling on. And some recognise that life is totally different but seem to be adjusting to this changed landscape.

“THE POINT IS THAT I RARELY THINK ABOUT MY BRAIN DAMAGE OR DISABILITY AFTER ALL. IT CHANGED THE COURSE OF MY LIFE IN EVERY WAY IMAGINABLE AND YET IT IS NOT WHAT DEFINES ME. AND MY STORY IS FAR FROM OVER.”

“HOWEVER, WHEN THE FLOWERS AND CARDS SLOWLY FADE AWAY, SO MANY PEOPLE FAIL TO RECOGNISE THE DIFFICULT ROAD TO RECOVERY THAT FOLLOWS FOR STROKE AND BRAIN INJURY SURVIVORS. IT IS TOUGH, AND PEOPLE NEED SUPPORT AND GUIDANCE THROUGH RECOVERY. I THINK THIS EXPERIENCE IS ONE OF THE REASONS THAT LED ME TOWARDS THE PATH OF NURSING.”

Some brain injury survivors and their family members have chosen new career directions specialising in neurological conditions in many walks of life; research, medicine, allied health professionals to name a few. They have lived experience of the challenges of acute unwellness and long-term recovery. And they received help at a time of vulnerability and need, which is a powerful thing. They are aware that challenges do not resolve quickly or easily, and that professional support is key to enabling the recovery process. And they now wish to use this profound knowledge and understanding to help others in similar situations.

“MY NEW MISSION IS TO HELP OTHER SURVIVORS AND THEIR FAMILIES UNDERSTAND THIS TRAUMATIC EVENT AND THE CHANGES AND CHALLENGES SURVIVORS FACE.”

“THIS HAS BEEN A DIFFICULT JOURNEY, BUT HAS TAUGHT US ALL THE VALUE OF LIFE AND OUR RELATIONSHIPS. LIFE IS PRECIOUS, AND SO ARE THE ONES WE SHARE IT WITH”

We heard of people gaining new meaning and perspective through their experience of brain injury. For some, brain injury has brought life changes that they would not have chosen, yet it has sometimes changed them in ways that they think make them better people. A jolt to remind them to appreciate what they have, bringing the things they value in life into greater focus.

“I CAN ALSO SAY RECOVERING FROM IT GAVE ME A NEW VISION FOR MY LIFE, SOMETHING I AM VERY GRATEFUL FOR.”

“I KNOW I HAVE BEEN JERKED OUT OF MY HEELS COUNTLESS TIMES TO GAIN NEW PERSPECTIVE WITH EVERY CRASH AND EVERY TIME I PUT THOSE HEELS BACK ON. THAT NEW PERSPECTIVE CREATES; EMPATHY, PATIENCE, TOLERANCE FROM OTHERS POINT OF VIEW AND SOON YOU HAVE INSIGHT!”

“LIFE IS PRECIOUS,

AND SO ARE THE ONES WE SHARE IT WITH.”

FRIEND AND FAMILY EXPERIENCES

CHAPTER SIX

“THESE AMAZING PEOPLE WHO HAVE GREAT CAPACITY FOR EMPATHY AND LOVE.”

Many stories were from the friends and family of people with a brain injury. The stories were from mothers, fathers, sisters, brothers, twins, nieces, nephews, cousins, neighbours, colleagues and employees. This highlights these amazing people who have great capacity for empathy and love. They described the agony of watching and sometimes waiting to hear about their loved ones in life or death situations. For others living with lifelong conditions continues to be a rocky road. Watching a loved one’s life change forever can have a devastating impact on those who witness it.

There was also a recurring recognition that this charity’s values were resonating with many of them. Few asked for help for themselves even though the burden of care falls on this group. Many were selflessly asking for their loved one, wanting to make their lives better, highlighting again and again the need for more information, advice and appropriate help. But most of all they asked how they could help SameYou.

CHAPTER SEVEN

HOW CAN WE HELP SAMEYOU?

There was an outpouring of wanting to help. They offered to run marathons, hold music events, sell their artwork and had many other amazing innovative ideas. The generosity of so many was apparent. Many people also wanted to work for the charity or volunteer professional services for free, too many to mention!

But there was a deep sense of duty and responsibility to help improve the lives of anyone living with a brain injury, not just themselves or their loved one. The overriding message was thanks and encouragement for Emilia and her charity to continue to raise awareness of brain injury, its impact and the ultimate need for more understanding and more help. There is a wave of enthusiasm that people want to tell their story and for society to welcome people with brain injuries into society without shame or stigma.

“I AM GRACEFULLY, AND BEAUTIFULLY, BROKEN, BUT I AM ALIVE, WITH A COMPELLING STORY OF SURVIVAL, GRACE, AND LOVE. IT IS MY DEEPEST HOPE TO BRING AWARENESS TO THE COMMUNITY AND HOPE TO SURVIVORS.”

Your stories describe the experience of having a brain injury or being a witness to one, which for many of you results in life-long challenges. There were many lonely cries for help, which is a much needed but rare and precious thing in all corners of the world. However, there are also stories of strength, resilience and recovery through professional rehabilitation services as well as crucial support and love from family and friends. People have overcome daunting obstacles and continue to try and make sense of their experiences. There is an army of volunteers waiting to be mobilised in order to be brain changers - changing the minds of others to accept and normalise people’s recovering brains. And to get the right help for everyone.

Many have succeeded in finding new paths, to make the best of it, through acceptance, adjustment perseverance and growth. May you all continue to do so. Let that be the story for everyone. And remember that there are so many out there with a similar story, so many like Emilia, so many the same as you.

THE UNTOLD STORY OF
BRAIN INJURY REPORT BY
DR CATHERINE DOOGAN
& DR NIAMH SHANAHAN
OCTOBER 2021

CONCLUSION

ENSURE ALL SURVIVORS RECEIVE PERSONALISED HIGHDOSAGE, HIGH INTENSITY LONG TERM CARE.

SameYou commissioned this first of its kind analysis of brain injury stories as part of our purpose to ensure all suvivors gain personalised high dosage, high intensity, long-term care.

Funding holistic brain injury rehabilitation will transform survivors' lives and benefit the individual, their families and society, consequently reducing the healthcare burden on national economies.

Brain injury doesn't only happen to the brain — it happens to the whole person: body, brain, and mind. Healing can only begin when all these pieces come together through personalized, holistic care.

SameYou is one of the catalysers of change, helping to convene world-class support to transform existing recovery treatments.

BY GROWING OUR GLOBAL COMMUNITY OF SUPPORT AND COLLABORATING WITH WORLD CLASS SPECIALISTS TO CREATE INNOVATIVE THERAPIES, SAMEYOU IS HERE TO MAKE CRUCIAL TREATMENTS ACCESSIBLE TO EVERY SURVIVOR.

Everyone wants to feel they are in control of their recovery. There aren't enough of the excellent multi-disciplinary teams that already provide rehabilitation care. To achieve this, survivors must be able to access multi-disciplinary care. What does exist, is excellent but not universally available.

People need support to build their confidence and take back their places in their families, communities and society.

By growing our global community of support and collaborating with world-class specialists to create innovative therapies, SameYou is here to make crucial treatments accessible to every survivor.

But we can't do it alone. Brain injury recovery has never been first in line. This report shows that people must have physical and emotional recovery care. Increased collaboration will increase the impact and make change happen quicker.

BUT WE CAN'T DO THIS ALONE.

WE NEED YOU — PROVIDERS, SUPPORTERS AND ALLIES

to join SameYou in working within your networks to call for a recovery revolution. To come together with one voice to have the chronic problems of living after stroke and brain injury prioritised.

WE NEED YOU — OUR BEAUTIFUL BRAIN INJURY COMMUNITY

to play your part in starting a movement and to help fundraise for SameYou Centres around the world. Together we can transform the lives of the almost 1 in 3 people who will develop a brain injury in their lifetime.

WE NEED YOU — THE MEDICAL COMMUNITY

to join the neurorecovery pioneers working with SameYou to change the way brain injury rehabilitation is reformed. Together we can transform the lives of the millions of post brain trauma patients whose needs are not being met.

JENNY CLARKE
CO-FOUNDER & CEO, SAMEYOU

HELP US TO SUPPORT BRAIN INJURY RECOVERY NOW AND IN THE FUTURE AND DEVELOP BETTER RECOVERY CARE AND THERAPIES.

SCAN ME TO DONATE

WWW.SAMEYOU.ORG

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