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Resilience after brain injury disability

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People who are living with a brain injury disability are faced with redefining themselves and establishing a life with personal meaning and value. Each person responds to the challenges of disability uniquely. Understanding resilience is important to each individual as they face the challenges, obstacles and barriers created by disability in different ways. Response to the life-changing situation, the expression of control and re-creating one's personal narrative are key components identified in people who demonstrate resilience. Using three case studies this presentation will identify the processes of establishing resiliency and redefining self and re-establishing personal identity and moving forward with living.

Narrative: People living with a brain injury disability face challenges, obstacles and barriers which require them to redirect their lives. Each person reacts differently to the life-changing event and their response becomes their personal narrative. Positive growth and change can be facilitated by the person and through the support of others.

Objectives:

To examine the concept of psychological resilience in relation to disability

To identify the processes of change associated with resiliency

To understand the significance of the personal narrative as a component of resiliency