



**Success
After
TBI**



Who are we?

- Sean Kugler
 - Assistive Technology Specialist
- Mackenzie Jansen
 - Student



About Sean's Brain Injuries

- Multiple head injuries
 - Started as a toddler
 - Throughout Middle and High School Sports
 - As a young adult
- In 30's
 - Hit in the head playing softball changed my life forever
- Adolescent Alcoholic

TBI effects

- Depression (started in middle school or sooner)
- Sleep Disorder (started in high school)
 - Chronic fatigue
- Anxiety Disorder
- Spotty Memory
- Processing Disorder (feel slower and slower)
- Hearing impairment (Auditory Processing Disorder)
- SLD in reading and writing (prior to TBI??)
 - Uncoordinated
 - Word Retrieval



More Effects

- Headaches
- ADD
 - Struggle to initiate projects
 - Struggle to finish projects
 - Need lots of activities to keep my mind busy
- Lack of Confidence
- Mood swings (less joy, more anger)
- Overwhelmed by multitude of activities
- Feeling of loss
 - Knowing that I do not have all the skills I once had



What has helped

- My wife and children
- AT for different areas
- Learning about TBI's
- Understanding bosses
- Dr. Sue Wolf's support
- Doing things to help others
- Educating about community



AT Specifics

- Google Calendar
 - Color coded
 - On my Computer and smartphone
- Text reader
- Routine
 - Everything has its place
- My Family
- Patience from others
- Lot's of activities (remember I become overwhelmed by this as well)
- Hat
- LED Lighting (No CFL, Fluorescent lights)

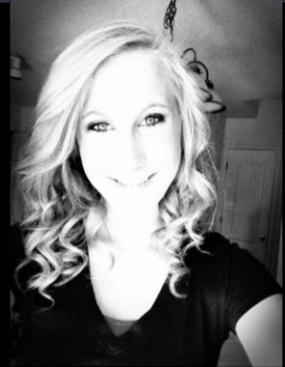


Some Final thoughts

- Like mine, several Head Injuries go unreported
- You never know people's backgrounds, please continue to be understanding
- Please think of unique ways to help others feel a sense of community



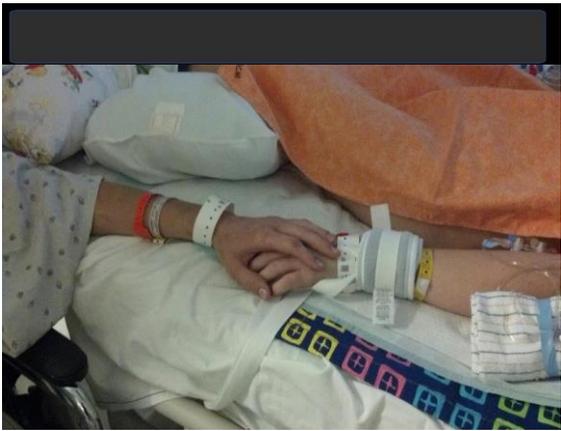
Mackenzie Before









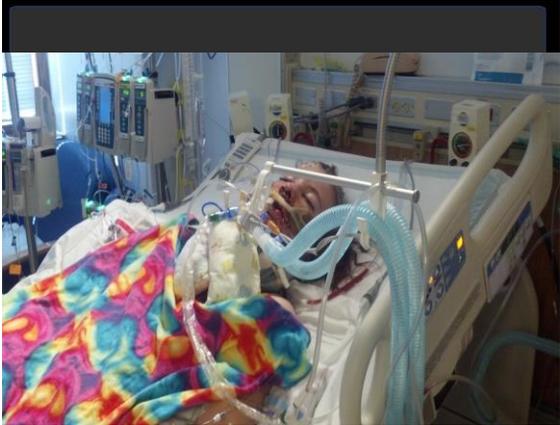


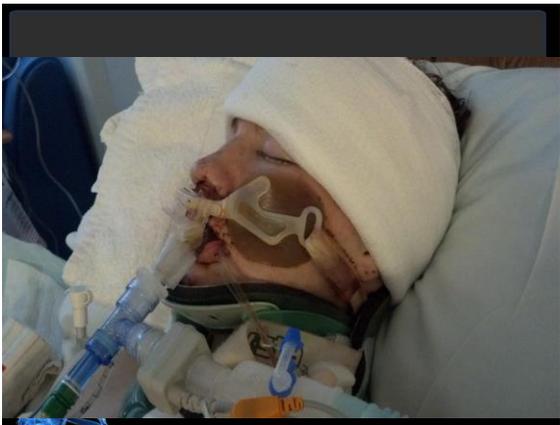


In the hospital and after accident

- Coma for two weeks
- Induced coma for about another month
- Friends visited at hospital (FMC and Phoenix Children's Hospital)
- At FMC for 1 week then flown to Phoenix Children's Hospital
- 1 month at Barrows Neurological Center located at St. Joseph's Hospital in Phx

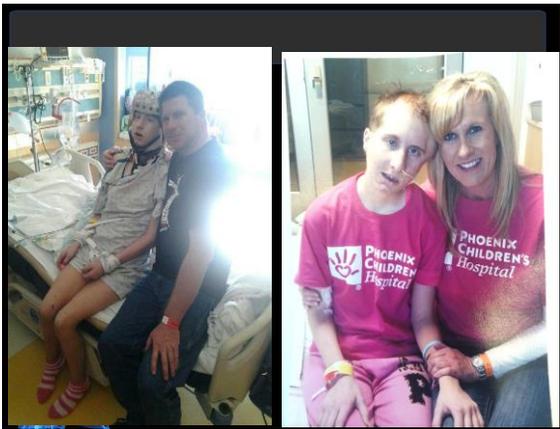












Support System

- Friends
- Parents
- Lost some friends, and made new ones along the way





Struggles to this day

- Still struggle with short term memory loss
- Struggle with running at a constant pace due to a torn PCL
- Anxiety
- Speech Impaired
- Short attention span
- Eye vision (6 nerve palsy)



What helped me?

- My family and their support
- AT to help with my TBI
- Educating others
- Confidence
- AT text reader
- AT pulse-pen
- PATIENCE WITH MYSELF

