

SELF-AWARENESS FOR PROFESSIONALS



The ability a person has to assess their own abilities and limitations. Individuals with brain injury may not recognize changes in behavior personality.

Up to 97% of individuals with a brain injury have difficulties in self-awareness

LOOK FOR:

- Underestimating problem areas related to brain injury
- Not following or understanding recommendations of providers
- Inaccurate self-perception or self-image
- Difficulties with:
 - recognizing a problem in the moment (*lacking insight*)
 - putting goals into action/monitoring progress
 - generalizing knowledge/abstract reasoning



SELF-AWARENESS ACCOMMODATIONS FOR PROFESSIONALS

- Avoid directly confronting or challenging the individual's ideas about their abilities
- Provide opportunities for self-discovery of errors
- Introduce new ideas or options gradually
- Use “supported risk taking” techniques
- Provide straight-forward, realistic and supportive feedback (e.g., “*Because your reaction times are very slow ... this means you are not able to drive now*”)
- Suggest the use of a memory notebook, video reviews, or device to track progress
- Set goals **WITH** the individual
- Encourage the individual to get feedback from multiple people (*family, peers, and friends*) so they have more than one source of information



CITATIONS

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