

# Discovering a New Path after Brain Injury

## **Aging with a TBI**

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### **Key Words and Definitions**

**Self-Management**—The ability to take control of your own health and well-being by making healthy choices and coping with challenges. The goal is to help you feel empowered and capable of improving your health.

**Resilience**— The ability to bounce back from tough situations and keep going, even when things are difficult or stressful. Even if your situation or abilities change over time, you can still find new ways to lead a fulfilling life that reflects who you are and what matters to you.

### **Takeaways**

- **Positive outlook:** Aging with a TBI presents challenges, but with the right strategies, you can maintain health, happiness, and function.
- Stay **physically active, mentally engaged, and socially connected.**
- Reach out to **caregivers** for the support you need.
- Access available resources and **keep learning.**



Stay Active



Stay Mentally Engaged



Stay Socially Connected

