

Conference Presentation Abstract

Title:

"Never Give Up": A Teenager's Journey To Recover from Traumatic Brain Injury

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Summary:

Imagine the most helpless, hopeless feeling in your life. Now imagine that your eyes won't open, you cannot whisper let alone talk, you have no expressive response to pain and cannot even make yourself roll over... Share my inspiring and motivational journey with me during this 45 minute presentation. The presentation includes a 22 minute DVD showing me through the various stages of my life. This journey will show who I was prior to my crash, the critical stages in the Paediatric Critical Care Unit of the Children's Hospital of London, Ontario where I was diagnosed with a Severe Traumatic Brain Injury. Continue along with my transfer up to the 7th floor of the Children's Hospital. Then follow my progress onto Parkwood Hospital for rehabilitation where I relearned how to talk, walk, eat, dress myself etc. all over again. Watch as I triumphantly return home to continue my rehabilitation & become an Olympic Torchbearer.

Learning Objectives:

In my rehab, I had to re-learn all the basic functions in life that we all take for granted, such as breathing, eating, walking, talking, reading, writing, remembering and learning. Rehabilitation has been challenging, but my mindset through all of this is that I had to do it, and to "Never give up". I learned some valuable lessons during my recovery and I would like to share these messages of hope with the audience that no matter what their challenge that they can achieve their goals if they put their mind to it. My DVD shows my transition and my drive to continue and "Never Give Up".