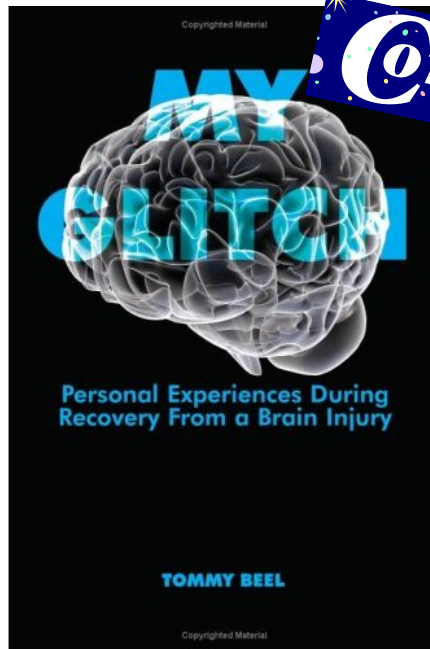


My Glitch by Tommy Beel *Now in Print!*

NABIS' very own, Tyrone Bell is a published author!! Tyrone recently relayed to NABIS News that his book, published under the pen name, Tommy Beel, is hot off the press. The book is available through Audrey's Bookstore on Jasper Avenue in Edmonton. Telephone # 423-3487. It can also be ordered on line directly from the publisher's bookstore, or other websites, at the same price. The necessary order information is given below.

All NABIS News readers congratulate Tyrone on his publishing success. We wish him well as he promotes and distributes his story.



Title: **MY GLITCH – Personal Experiences During Recovery From a Brain Injury.**
 Author: **Tommy Beel** (pen name)
 Publisher: **AuthorHouse**
 ISBN: **978-1-4259-8911-8 (sc)**
 On-line order:
authorhouse.com or
amazon.com or
barnsandnoble.com
 Price: **US\$17.50 (+ shipping)**

Talking with Ty by Tyrone Bell

YOU CAN BE YOUR OWN THERAPIST

The individual is usually in the best position to determine what are his or her personal goals. When a person is working on personal limitations, the desire may be to achieve again, the level that was had before brain injury (if that is the problem.) One may probably seek out new ways of completing tasks that are frequently performed. The desire may even be, to achieve a higher level than before. The brain injury survivor, in doing any of these things, should take advantage of the skills of the professional therapist.

When the survivor is discharged from the hospital, and is no longer in direct contact with the professional therapist, he or she may still be able to take advantage of trained skills. Here is a little advice: If you ask nicely, the professional therapist in the hospital may be able to put together a manual for you to take home when you are discharged. They also will offer advice on things that you may be able to do on your own. After all, if the survivor has nothing else, he or she has a whole lot of free time. The therapist's manual, with the suggested activities, will help to give badly needed suggestions on how to use up excess spare time.

At the time when I was being discharged from the third hospital, I used my charm on both my speech

therapist and my physiotherapist. As a result, I was able to get not just one, but two manuals. These manuals were very helpful to me. They contained many things that I could do on my own. The speech therapist also gave me a cassette tape of my voice when started talking. That way, I was able to compare and hear my progress from the time I started to talking, again. (Thank you Wendy E.) With the help of the manual, and singing along with my stereo, I have come all the way from being totally unable to talk to being very wordy. Also, I often carried out the activities that were suggested in the manual that was prepared by my physiotherapist. There were a number of exercises that she had already taught me when I was in the hospital. I included these. By routinely using the manual and



including my own exercises, my balance (which was the original problem) has significantly improved. (Thank you Mary-Hellen A.)

It is therefore possible to continue some kinds of therapy on your own after leaving the hospital. The important thing though, is to get the professional therapist to provide the necessary guidance by putting together, a manual which you can take home.