

# **TBI Recovery Guide: Therapeutic Recreation- Leisure After Discharge**

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## **Why is leisure important after discharge?**

Continued participation in leisure activities can be a fun and motivating way to combat commonly experienced symptoms and issues that impact health, well-being, and quality of life.

Scheduled recreation time provides you with a frame of reference, time to get prepared, and something to look forward to. Try to plan **at least 1 leisure activity** on a daily basis. Make sure you write any special events or community activities **on a calendar** to help you remember and structure your time.

## **What leisure activities can I do?**

### **Assist at home with activities around the house.**

- Help prepare meals by assisting with some of the meal preparation.
- Help with laundry, dishes, or other cleaning or organization tasks.
- If you have pets, assist with pet care in feeding or playing.

### **Consider participating in a support group.**

- It will be important for you to continue to connect with individuals and families who are experiencing the same thing as you. (See Brain Injury Resource Guide)

### **Participate in community recreation programs, which are geared towards your interests.**

- Look into: Public concerts, parks, museums, restaurants, support groups, meetup.com, and more.
- Spending time with people with similar interests or experiences can provide a sense of support and community.

### **Participate in community activities, with supervision if needed.**

- This can include things like restaurants, shopping, movies, etc.

- Supervision or assistance can be necessary at least until you transition home and begin to maintain a routine.

## **Things to remember**

### **Modify activities as much as possible.**

- Example: Standing to shoot baskets to work on coordination and balance is better than playing basketball while running up and down the court where you may be at risk for falling.

### **When some leisure pursuits of the past are not presently possible, try finding what can be done.**

- Success aids in building a positive self-esteem. Finding and pursuing new interests can be fun too!

### **Because of your brain injury, do not engage in contact sports.**

- Some examples of contact sports include: Football, basketball, soccer, skateboarding, and even lifting weights.
- Wait until your doctor or physical therapist tells you what type of exercises are appropriate and when you can return to them.

### **Do not use power tools / heavy equipment for your yard until cleared by your doctor.**

- If you enjoy building, try pre-cut wood project kits you can assemble.
- If you enjoy working in the yard, try gardening or landscaping.

### **Remember to abstain from all alcoholic beverages until cleared by your doctor.**

- Alcohol can impair things like: memory, balance, judgement, safety, motor function, etc.
- A doctor should be able to assist you in determining when would be appropriate and safe for you to consume alcoholic beverages.

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