

TBI AND SELECTING A HOBBY

1

What Have You Done Before?

Think about things you have done in the past. Did you belong to any extracurricular clubs in high school? What kinds of activities did you do for fun before your brain injury? Were there activities that you thought looked like fun, but never had the time to do?



2

What Looks Interesting?

Look over the List of Hobbies below and make a note of the things that look interesting to you.



3

How Might This Hobby Help Me with My Therapy Goals?

Hobbies are a great way to work on therapy goals. Outdoor hobbies or Needlework hobbies may help with some physical therapy goals, while other hobbies like games might help with cognitive or socialization goals. It always helps to have fun while working at the same time.



4

How Much Will It Cost? What Can I Afford?

Hobbies can be expensive, so it is important to make sure that one stays within one's budget. Money management can be a challenge for some people with brain injury, especially those who have difficulty with impulse control. This can be used to work on therapy goals such as decision making or money management skills.

