

5

Where Can I Go to Try Out Some Hobbies Before Investing Money?

Until you know whether or not a particular hobby is a good match for you, it is a good idea to spend some time in an exploration phase. Ask friends about their hobbies; ask if they will let you get some hands-on experience so you can evaluate if this might be an enjoyable hobby for you. Go to a craft store and purchase a kit to try out; if you need help with instructions, be sure to build in support for yourself by inviting a friend over to help you. Take a class at a community center, through a parks and recreation department, through the library system, etc.



6

Brain Injury Considerations

Avoid activities which might lead to another head injury. Football, sky diving, skateboarding may not be the best kinds of activities to choose as hobbies.



Some attention needs to be paid to a person's challenges to help set them up for success with a hobby. For example, photography might be a hobby a person has selected. Just because he has a camera or has taken a photography class is not enough. Reading may be one of his difficulties; he may learn better through being shown and told how to operate the camera on an individual basis.

Some people have difficulty with initiation. They may require help building this activity into a regular routine. This might mean joining a Knitting group or Radio Controlled Car group that meets the 2nd Tuesday of every month. Or perhaps a friend will agree to visit every Thursday at lunch to play backgammon.