



Living with Brain Injury from Autoimmune Encephalitis

Most of us use a GPS. We program in our destination and our GPS gives us the fastest route to follow. Imagine that as you are driving to your destination, you come upon an accident on the main road you are traveling, and you want to go around it. Your GPS must recalculate the route, making new connections. Sometimes, this new route is obvious and easy to manage but other times there is just no straight way to get from here to there.

When a person with autoimmune encephalitis suffers a brain injury, this is what is happening in the brain. Some people have a lot of alternate routes but others, because of the nature of the brain injury they sustained from AE, must build new connections. Working on re-learning abilities that have been lost and helping those routes connects again can take time and be immensely exhausting and frustrating.

Until those new routes are open you are basically stuck in traffic. You have no way of knowing when the traffic will begin to move forward or when the roads will clear. You are where you are, and you will have to have patience. There is a great deal of hope for improvement.

If you are an AE Warrior or you love and/or care for an AE Warrior working toward recovery, know that no matter the frustration, no matter the time, no matter the severity – there is hope for improvement. With time, determination, Occupational/Physical therapy if needed and support, improvement will happen as the brain re-routes around those traffic incidents.



To learn more about Living with Autoimmune Encephalitis, visit this page of our website <https://www.autoimmuneencephalitis.net/living-with-autoimmune>