

I'd like to say thanks to Thompson, Rogers for allowing me this opportunity to share my experience as I travel through my Journey!

**Thanks!**

This is a  
GLIMPS of

# *My Journey*

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Many doors slammed shut for me the night of March 11, 2005. I've had to piece my life back together from the beginning, but despite what I've lost,

I am my own person: unique, fun, inspiring to those who meet me and, yes, very stubborn!! Even though I am not perfect and whole again, in the last 6 years, I have re-gained much of my lost of 17 years.

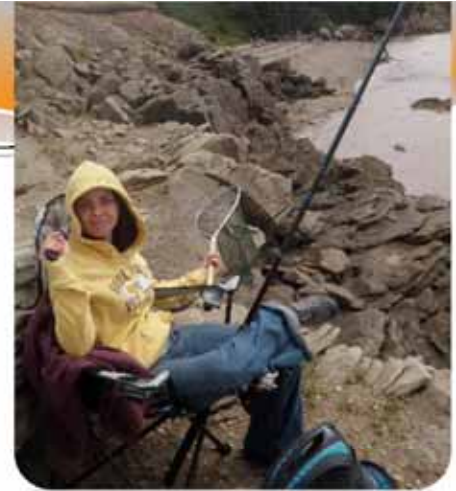




My rehabilitation path has been far from easy. In the early days following my accident, I had a choice to make. I could lie in bed and meet the doctors' low predictions or I could take control of my life and do what was best for me - fight and ultimately make a difference. I often felt discouraged, unmotivated and very much underestimated as I worked hard to rebuild my life in a health care system that expected me to fit a particular mould. I have never felt so degraded as when I was told I would not be able to do something before I was even given the chance to try

**That didn't fly in my books!**

I wanted a greater challenge... What I really needed was a system that was customized and personalized to my needs. Being the stubborn individual that I am, I wasn't going to let anyone set limits as to what I could or could not do before being given the chance to try! Yes, I got tired, grumpy and needed encouragement along the way, but then again, who does?





I was lucky to have family support. They all helped in some way be it advice, words of wisdom, encouragement, a shoulder to cry on and of course a little kick in the butt every now and then! My parents had my back from day one. They pushed and fought hard on my behalf to get me everything that I needed along the way. If it wasn't for them, I'm not sure where I'd be, but chances are not where I am today! At age 23, my Mom and Dad still have my back.





**My relationship** with my brother and sister wasn't the same for a few years following the accident. I went from being the middle child to the one needing the most care and attention, like that of an infant or toddler. I think there was a bit of resentment towards me for this at first. Both Nick and Venessa will always look out for me, More so now than they ever would have had to before. The two of them are now my best and closest friends!



Lynne

My lawyer and his team worked countless hours with me, my parents, doctors, therapists, and other individuals to work through the insurance and litigation process to secure the funding that allowed me to hire and pay for services. As a result I have a phenomenal team of highly qualified professionals and university students who work along with me and my family in a practical, personalized and realistic rehabilitation and care program that works for me!





Therapy is a major component of my life now that includes workouts with an OT, RSW, Speech pathologist and Massage therapist and a long list of doctors. I can't just take a break or go on vacation whenever I want to. Every day when I wake up, I cannot pick or choose which day I'm going to have a Brain Injury. It is with me all the time and so is my team. And what **bites** is not having enough alone time!





With my team I am able to eliminate the boredom of doing the same things over and over. We make change, find new, fun, challenging and different things to do. We find ways to help me better understand myself and teach me ways to work therapy into my day to day life. We make it seem as if I'm not constantly working. We laugh, have fun, and we make new friendships! we are not always serious and we learn together!



I've returned to a more normal social life, built a new circle of friends of all ages including able and disabled persons and, re-connected with a few of my friends from before the accident



I have made several public speaking appearances to share my story with high school students with the hope of preventing more tragedies! I visit Middle schools to raise children's awareness towards people with disabilities and, I have come here today to give you a peek from my perspective.

**“My goal now”  
is working toward  
independent living!**



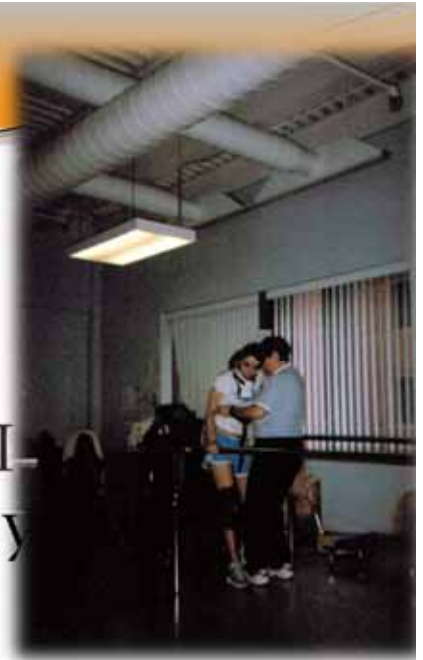
- “TRHS Student Inspires Fellow Grads With Her Life-Changing Story” Tribune Post June 2009
- Tantramar, Tatamagouche and Caledonia High Schools.
- Middle School: Grade 6: 08'+09'
- New Brunswick Brain Injury Association.
- Moncton Brain Injury Support Group



This has been a valuable, bitter sweet life learning experience for me even if it came from tragedy. Why? Although no amount of money can bring back what I've lost, many new doors have been opened to me as a result of this life altering experience. I returned to high school and graduated with my adult diploma, It took 2 years of solid work! I am back on my snowboard; its hard work and (I can't get off the "Bunny Hill", but I am trying.) I coach volleyball, a game I love, and recently I walked to the local cafe and back which was exhausting but also rewarding!



Despite all the negative remarks made directly and indirectly by healthcare people, I have achieved far more than what test results indicated I would be able to do and what they thought I was capable of!! I was told I would plateau... I am not there yet... and even though I am happy with my progress so far ... My journey is far from being over, I still have work to do and I will need help and encouragement along the way...



My life has pretty well  
been **RENOVATED**. I  
don't want to limit  
myself with any of my  
**future** achievements.

**For me, the sky truly  
is the limit!**

**Sloan,  
I am flying!**

