

## **Harry**

Harry\* was in an accident and suffered a traumatic brain injury (TBI) and a professional guardian was appointed. Harry's life had been ripped apart and he needed 24-hour caregivers when the guardian was appointed. Harry had a problem with anger, which is a common side effect of TBI. The guardian's efforts at finding assistance with anger management only ended in frustration (for the guardian). Even the local mental health agency wouldn't work with Harry. So the guardian devised her own plan using basically "natural consequences." The guardian also provided extensive education to Harry's family about how to respond when Harry got angry, which was frequently.

If Harry wanted to do something, such as getting a driver's license, the guardian would only help to the extent of explaining the process. The guardian had discussions with Harry such as, "If you yell at the person behind the counter, you will not get your driver's license." The guardian listened, validated Harry's feelings but didn't let Harry use those feelings as an excuse for bad behavior. It took a long time but Harry earned his driver's license. There have been many other challenges and lessons but Harry now lives independently, managing his discretionary money, driving and generally managing day-to-day tasks independently. Harry knows that the guardian is available when there is a problem to be solved.

More recently, Harry has shown that he is able to identify situations that have the potential to cause an angry outburst. Recently, Harry had a medical issue that needed some urgent attention. The guardian said that there were three choices 1) go to the emergency room 2) go to urgent care or 3) go to the primary care physician, who was able to see the client at a certain time. Harry called the emergency room and learned that there was a three hour wait and then called urgent care and learned that there was a long wait there, too. Harry then called the guardian asking her to make the appointment with his doctor because he was afraid that he would have an angry outburst if he went to the emergency room or urgent care. This was the first time that Harry had identified a potential problem situation and made a decision to avoid it. Even years after his accident, Harry shows signs of improvement.

*\*Name was changed*