



Live your best life!

To Whom It May Concern,

I do not normally disclose this personal information however, it has become necessary for me to inform you so that I can be productive and efficient with everything that I do. I have a brain injury and some of the deficits that I may experience are:

- o Headaches
- o Nausea
- o Balance Problems
- o Visual Issues
- o Dizziness
- o Sensitivity to Lights
- o Sensitivity to Sound
- o Mentally Foggy
- o Difficulty Concentrating
- o Difficulty Remembering
- o Difficulty Multitasking
- o Difficulty Making Decisions
- o Difficulty Following Directions
- o Difficulty Prioritizing
- o Difficulty Word Finding
- o Irritability
- o Sadness
- o Anxiety
- o Drowsiness

So that I can be successful with everything I do, I need to be able to do the following:

- o Dim the lights
- o Decrease noise in the room
- o Make lists/have information written
- o Take frequent breaks
- o Provide me with one task at a time
- o Reduce distractions in the environment
- o Have spoken information presented slowly with pauses
- o Wear a hat
- o Take a walk
- o Be seated on the outer edge
- o Use a hand fan
- o Limit environmental scents
- o Provide increased time to process information
- o Provide me with limited choices to help with decisions
- o Provide large print

If you have any questions, please contact Galaxy Brain and Therapy Center at 734-627-8001 or e-mail them at info@galaxybraincenter.com to learn more about brain injury and accommodations that can improve my abilities.

Thank you,



Are you ready to live your best life?

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