

IMPACT PROFILE

From Isolation to Connection: Enhancing Quality of Life after Brain Injury

This project transforms the lives of people with brain injury by reducing social isolation and building the strong support relationships that are critical for long-term quality of life.

The Challenge

Strong social support is critical for people with brain injury to maintain their health and quality of life. Brain injury strains key relationships needed for this support, but few interventions actually focus on strengthening important relationships.

The Approach

This program brings together a person with a brain injury and a close supporter to build better social support through:

- Establishing shared goals to enhance quality of life
- Developing strategies to provide emotional support to one another
- Using problem-solving techniques to work through challenges together

The Impact

This project could transform how we approach care for people with brain injury by building sustainable social support systems. By addressing social support—a critical but overlooked factor in recovery—this program could reduce social isolation, depression, and inactivity among people with brain injury while improving their long-term health and ability to participate fully in daily life.

RESEARCH HIGHLIGHTS

- **Targets social support**, one of the strongest predictors of long-term outcomes
- **Uses a dyadic approach**, meaning both the person with brain injury and a close supporter work together on shared needs
- **Designed with and for the community** to ensure it meets priority needs

Key Potential Benefits



Clinical

Clinical Innovation Access: Developed for easy use in clinical and community settings.



Clinical

Patient-guided research: Developed in collaboration with people with brain injury to ensure relevance.



Clinical

Shared Decision-Making: Patient-selected goals with problem-solving support from the provider.



Community

Life Expectancy and Quality of Life: Aims to improve outcomes of both a person with a brain injury and a supporter.

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