



pilo
assistance
ALPA: By your side

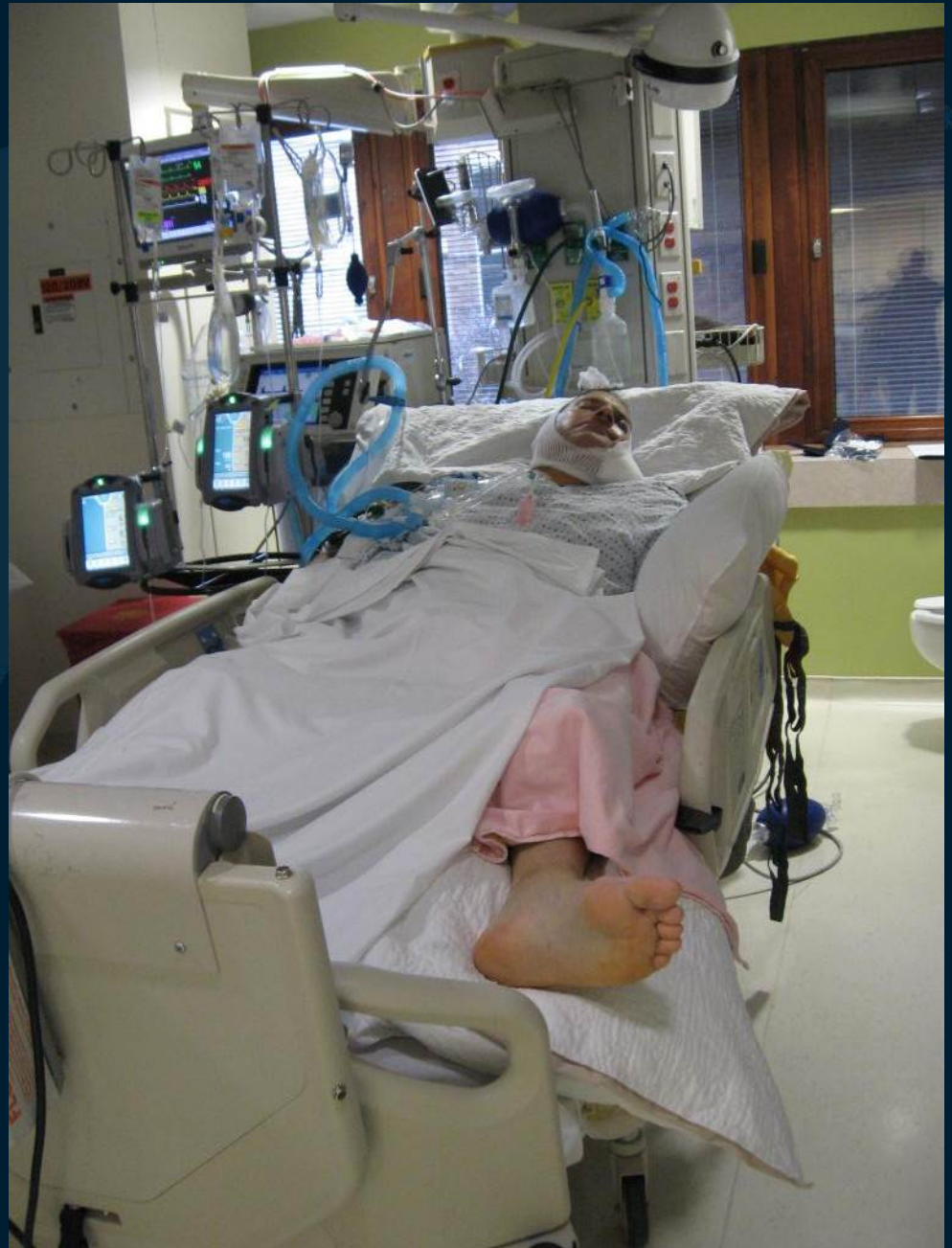
Assisting Permanently Injured Colleagues

May 7-9, 2013

Running in 2009



2010



When it rains it pours



Dr. Rhonda Fishel
1955- 2010

HOSPITAL

Phase I: What Happened?

- ▶ Retrograde Amnesia
- ▶ Everything changes (but it doesn't matter)
- ▶ Why are these people here?
- ▶ These looks I'm getting aren't good
- ▶ Out of control (but it doesn't matter)
- ▶ "Surgery Anonymous"

Phase II: Uh-Oh, something is really wrong

- ▶ I am not going to be the same
- ▶ This really hurts
- ▶ What did I do to cause this?
- ▶ Poor sleep, tons of dreams
- ▶ Out of control, now it is starting to matter
- ▶ Too many people “helping” me
- ▶ “Rate your pain”

Phase II (continued)

- ▶ Dignity evaporates
- ▶ Cold doctors, cold staff
- ▶ More people see you naked than you ever want to think about
- ▶ No respect for your time

Phase III: Starting the Comeback

- ▶ Start to plan
- ▶ Input on your meds
- ▶ It still hurts
- ▶ Still out of control
- ▶ Now it really matters
- ▶ Angry at hospital staff for perceived coldness and not attending to requests



Air Line Pilots Association, International

Phase III (continued)

- ▶ Friends and cards help
- ▶ You are still the “flavor of the month”
- ▶ Who is the new me going to be?
- ▶ It won't be the same
- ▶ What are the expectations?
- ▶ Feel guilt about what you cannot provide for your loved ones
- ▶ Significant anger and depression

HOME!

Phase IV: "Oh my, is it different"

- ▶ Roles have changed
- ▶ No longer in charge
- ▶ Brain is still foggy
- ▶ Memory is still not back
- ▶ Reprioritizing "The Ravens are not that important"
- ▶ Still in hospital mode

Phase IV (continued)

- ▶ Still see looks of sympathy
- ▶ Plenty of stuff still brought to you as you are still the “flavor of the month”
- ▶ Start to work on new confidence by calling and texting work



Phase V: "Out of the house"

- ▶ Work on driving
- ▶ Still hurts
- ▶ Outpatient rehab
- ▶ Jealousy: "Everyone is normal and I am not"
- ▶ Demands start to come in, they vary from easy to forgetting what happened to you
- ▶ No longer the "flavor of the month"

Phase VI: Lots of advice given

- ▶ Discouraging growth: “Why are you trying to work?”
- ▶ Discharged from treatment with “maximum improvement,” that is insulting and discouraging
- ▶ Tremendous anger, especially with “experts”
- ▶ Conflict between body and mind

Phase VI (continued)

- ▶ Frustration, can't get lost in "Why me?"
- ▶ Inventory is taken of people who stayed with you as opposed to those who disappeared
- ▶ Despite your limitations you are not ready to "Call it a day"

NEW LIFE

Phase VII: Adjust to limitations

- ▶ Trying things
- ▶ Create new goals and exercises
- ▶ Sporadic fits of anger and depression
- ▶ Focus on being alive
- ▶ You have changed, but maybe it is just one more test
- ▶ The people who have supported you now need you to be supportive of them

Phase VII (continued)

- ▶ You will always be a little alone, but that individuality is how you gained control in the first place
- ▶ New sense of humility that can take the self-imposed pressure off
- ▶ Bucket lists
- ▶ Find a new definition of self

Principles for Helping

- ▶ Be there
- ▶ Please don't say that you are so lucky to be alive
- ▶ Don't try to normalize what happened
- ▶ Recognize the phases
- ▶ Realize that it is always going to be a struggle
- ▶ Be supportive

Principles for Helping (continued)

- ▶ Recognize the anger, it usually will subside by itself;
if not gently identify it
- ▶ Be the sounding board
- ▶ If necessary, especially in the hospital, advocate for your colleague with hospital staff

We will be forever grateful for
your support

Remember:
Life is too
short,
don't waste it.

