


# Brain Injury Survivor & Greer, SC Native Paul Sanfacon





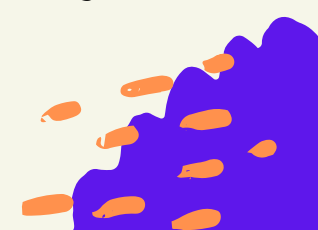

Written by Mom and Caregiver for Paul in 2015

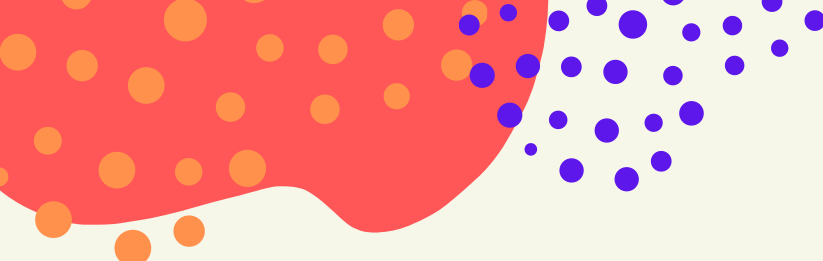
My name is Paul Sanfacon, I am 38 years old, and I am post 20 years Traumatic Brain Injury survivor.

On July 6th 1995, I was only 18 years old; I was in a head on car accident. I went from the back seat into the dashboard; I suffered two collapse lungs; I split my skull open and broke every bone in my face, also affected every lobe of my brain including my brain stem which put me in a coma for 42 days. The first prognosis from the ER doctor was brain dead.

After 4 months in the hospital, 5 months of extensive rehabilitation and years of therapy, I am a “Walking Miracle”, but I am very limited due to my front lobe partially removed and skull reconstructed.

I am a different person, my personality is completely different, I am blind in the left eye and have very limited vision in the right eye, I am deaf in the left ear and very limited in the right ear, very little durability, my brain does not control my body temperature, very little motivation and initiative, memory, decision making, emotions, inhibition and the list goes on.







I can't be left alone, I cannot be trusted, I am very impulsive. These are challenges I face daily since my accident.

Before my TBI I was always on the go, I was very active with church, family, work and friends. My first love was my truck and I loved to drive up and down our town, I had a lot of friends and we played basketball, tag football, ice skating, swimming, partied, etc...

My biggest challenges are not being able to get my license back, can't have a job, I have attention deficit and can't be by myself, I cannot be independent, have no dating or social life, lack of old friends, my friends now are survivors and we all have our individual needs so we meet a few times a week at a head and spinal cord injury center.

I had many treatment and therapist working with me. I had a sex therapist that has allowed me to fit in with the society, family and friends. I have learned that structure and consistency is the key thanks to my Mom.





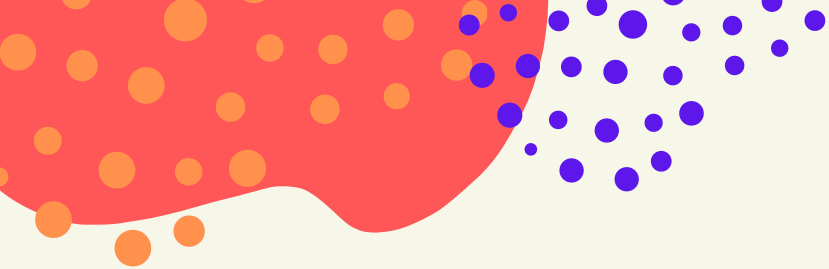


I also had many behavior Modification plans that were done from Kay Brooks a reason that I am functioning as I am.

We lived in northern Maine and didn't have a lot of support or programs so we relocated in Greer S.C. due to warmer weather as well; this was in September of 1997.

My family and support group are my friends. I realized that I changed about a year and a half from my injury, I was more cognitive and aware of my surrounding and what I remembered long term which was all that I couldn't do anymore. My Mon had a lot of notes, calendars around the house and still does; she is also my biggest help and reminder during my activities of daily living and appointments. She has helped with being calmer and being patient by doing it herself with a calm voice. I know my mom understands me.





She also gave up her job and is 24/7 for me. As for my new normal this is it, I had such a severe open skull injury that I am very thankful and thank God daily for who He allowed me to become and function as I do with very little help.

Here are a few things and people that have helped in my recovery:

God, Prayers, my family, especially my Mom, calendars, notes, cues, consistency and structure. Thank You. I do hope this can help at least one survivor and caregiver.

