Always-adapt.com to life change, never react to it

Wayne P Gillis
Saint Mary’s University, Canada

Millions of head trauma cases occur every year in the United States alone and contribute to thousands of deaths. Age is the largest swaying factor. Traumatic Brain Injury or TBI significantly contributes to this death of many people. The leading cause varies by age. In 2012, a little fewer than 330,000 people aged 19 or younger were treated in US emergency rooms (ERs) for sports and recreation related injuries. ‘Head trauma’ includes the diagnosis and treatment of a concussion or TBI. Accidental falls was the leading cause in older individuals with unintentional self-harm the 2nd leading reason. Overall, motor vehicle crashes caused a significant number of TBI-related ER visits, hospitalizations and deaths. Head Trauma represents a staggering percentage of personal injury and disability causes in today's society. Directly in this study of recovery, his recommendations to timing, availability of therapy, to one's cognitive level or dissonance, all play an active part in the retrieval of one's inner self. During this journey of rebuilding & learning, one thing became crystal clear to him. Setting and attaining a realistic goal, feeling proud then adapting to another. “Moving Forward” no less.

Biography
Wayne P Gillis was a national Bank Trainer then went onto build a successful business in Ocala Florida. After the sale, he returned to Canada to go to University, with plans to become a Medical Doctor. However the course, “The Psychology of Law” altered his path. Then in 2005, a car struck the motorcycle he was driving and atop his numerous injuries, was a closed head traumatic brain injury (TBI). It was that trauma that started his life all over again. From simple walking to talking, he has lived in Charlottetown PEI, Halifax Nova Scotia and most recently Celebration & Kissimmee Florida. He has developed his Keynote Speech and coaching business while being a stay at home dad, actively managing his two active sons in swimming and competitive gymnastics. He has spoken to Dalhousie University School of Physiotherapy, Sun Life Financial as well as CIBC. His passion is to pass his simple yet effective recovery choice to other survivors and all people in general, dealing with life’s inevitable change.

wpgillis@gmail.com