1. COLLABORATE
Teamwork has definitely been a big part of getting through the last year - we work better together. Let’s keep looking for opportunities to find like-minded people and organisations to get things done.

3. PRIORITISE
We’ve seen huge, great changes at national level for certain issues resulting from the pandemic. For too long the needs of people with brain injury and hidden disabilities have been sidelined. Let’s place more importance on these things and make sure that change happens quicker.

4. INNOVATE
So many people have had to adapt to new ways of living and working in this last year, and have done so with great creativity. Let’s keep thinking of and trying new things to ensure that society is more accessible to everyone.

2. ENGAGE
We’ve seen more of us engage with different communities and groups in this time of need. Let’s keep this up and look out for our neighbours. More people are also engaging in political issues that are important globally. Let’s ensure brain injury is part of this conversation.

5. SLOW DOWN
The last year has taught us the value of taking more time. Lots of people need more time for fatigue reasons, and struggle with fast-paced life. Let’s take a beat to think about others as we rush through our day.