

What is encephalitis?

KEY FACTS

- Encephalitis is an inflammation of the brain caused by an infection or through the immune system attacking the brain in error. In some cases, a specific cause is not found despite extensive testing.
- The variety of causes and presentation (often dramatic) may make the management of this condition a challenge and people can be severely ill during the acute stage of the illness. However, early diagnosis and treatment improves the outcomes.
- The length of time spent in hospital can vary from days and weeks in some cases to months in others. Before discharge, assessments, referrals and plans for return home need to be in place.
- The effects of encephalitis vary greatly from one person to the next and can range from a good recovery through to minor injury to the brain or in some cases more significant and life-changing disabilities. There may be changes in thinking skills, emotions, behaviour and physical functioning. Some difficulties can be subtle, hidden or difficult to recognise, and may not be apparent until you return home, but nevertheless can impact on day-to-day life.
- The brain takes much longer to recover from an injury than other parts of the body. Rest, pacing your activities, and having a routine and gradual return to previous activities, work and education is strongly recommended.
- Timely access to rehabilitation is important for improving the outcomes.
- Encephalitis can affect the whole family. If you care for a person affected by encephalitis, remember your own needs are important too.



How Encephalitis International can help you?

Encephalitis International is a global organisation which

- Provides information and support to people affected by encephalitis, their families and carers via Phone, email and Zoom chat
- Provides in-person and digital events to learn more about encephalitis and its effects
- Connects people with similar experiences
- Shares real life stories of experiences of encephalitis
- Organises virtual support groups
- Has a wealth of information about encephalitis, recovery and rehabilitation online
- Campaigns for a greater awareness of encephalitis



No matter where you are in the world we are here to support you.

Visit our website www.encephalitis.info

Get in touch now +44(0)1653 699599
support@encephalitis.info

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**Encephalitis
International**
The brain inflammation non-profit