

When you think of “accessibility”, the first thing that may come to mind for you is a wheelchair. And while finding and solving needs for those with visible inabilities, my team chose to investigate those recovering from concussions: an invisible, repeatable, and perhaps not-so-temporary injury. In talking with our user base, we found that many felt a deep sense of isolation and a lack of a sense of self. To address these issues, RecoveryGrow aims to help users grow in community and self reflection, while also keeping in mind their recovery needs.

## **REVISED VERSION**

Background. Problem. Solution. Slogan.

Healing from an injury is hard. Now, make that injury invisible, repeatable, and physically and emotionally debilitating... No, I'm not talking about heartbreak. I'm talking about concussions. People recovering from concussions experience a huge lack of sense of self as well as isolation. And that's where RecoveryGrow comes in. RecoveryGrow aims to help users with concussions to self-reflect and grow in community, by tracking their daily symptoms and building relationships with others in their same shoes. Through these resources, RecoveryGrow aspires towards a holistic concussion recovery for all.

Healing from an injury is hard. Especially when that injury is invisible, repeatable, and physically and emotionally debilitating... No, I'm not talking about heartbreak. I'm talking about concussions. People recovering from concussions often experience feelings of isolation and take a huge hit on their sense of self, but current concussion recovery tends to focus on improving the physical symptoms. That's where RecoveryGrow comes in. RecoveryGrow aims to meet the emotional needs of users by giving them a space to self-reflect on their health and foster community.

Through these resources, RecoveryGrow aspires to provide holistic concussion recovery for all.