

The Importance of Diary Keeping

In spinal cord injury claims it is not unusual for it to take a number of years before the claim will settle and it may take some months, possibly years after liability investigations before the claim can be quantified. It is therefore very important that you keep adequate records of all of the expenditure and care and support that has been provided to you by friends and family so that you can provide an accurate record for us to include in the Schedule of Loss.

The types of records that you should keep are as follows:

- Expenditure e.g. medical supplies, extra bed linen, clothes etc.
- Care and support provided by family and friends both personal and household which can be claimed back in the claim as gratuitous care.
- Details of where a care regime has fallen down, for example where carers are sick there is a lack of staff etc.
- Heating costs – these often increase following a spinal cord injury claim because an individual is now at home for the majority of the day whereas before they would have been out at work and because of an inability to regulate body temperature.
- Symptoms e.g. pain, bladder, bowel, sexual function problems.
- Mileage e.g. trips to hospital and GP appointments.
- Any letters received with regards the accident.

We would recommend that you keep a diary throughout the entirety of your claim. This should firstly include not only what you can remember from the accident such as what you were doing, weather, what you believe happened but also what happened after. It is important to make a note of anything you can remember surrounding the accident and this could include anyone you spoke to after and what was said to you. It is important to keep the diary updated with your treatments and care regime. It will be much easier for you and more reliable if this information is needed to quantify your claim.

One key area to record is your care regime. To enable a truthful representation of the care you require a daily diary is crucial. This will show exactly how your day plans out and every detail of assistance you need. If you have required family or friends to help you, or they visited you in hospital this should be recorded, noting the things they helped or provided you with each day or week. By noting down this information it will enable us to include it in the Schedule of Loss and evidence this to the Defendants.

A diary will help build an overview of your day-to-day life following the accident. Whilst a medical report will outline your medical issues, it won't necessarily detail difficulty in carrying out daily tasks and other small but significant details.

If you would like to find out any more information on what should be kept for your records and included in a diary please do [get in touch](#).

You might also like to read other notes we have made available via our website such as **Choosing a Solicitor, Case Management, Liability and Quantum**.

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