

Brochures to Order or Print from the Website

- ___ ABIN-PA Services
- ___ Brain Injury Basics
- ___ Building New Lives
- ___ Changes in Your Loved One
- ___ Children Require Rehabilitation
- ___ Criminal Justice
- ___ Customer Service
- ___ Definitions
- ___ Discharge Planning
- ___ Domestic Violence
- ___ Everybody Knows Somebody
- ___ Families
- ___ Financial Planning
- ___ Healing Strategies
- ___ Law Officers: Info & Strategies
- ___ Medication Record
- ___ Partnering with Professionals
- ___ Planning Your Recovery
- ___ Professionals You May Meet
- ___ Public Benefits
- ___ Rehabilitation
- ___ Seniors
- ___ Sports
- ___ Suicide Prevention
- ___ Telephone Book
- ___ Veterans

Brain Injury Resources

- ABIN-PA InfoLine 800-516-8052
www.abin-pa.org
- Area Agency on Aging (phone book)
- BIAA Help Line 800-444-6443
www.biausa.org
- BIAPA Resource Line 866-635-7097
- Brain Injury Help Line 866-412-4755
(PA DOH free literature, books)
- CHIP 484-477-2948
(Children's Health Insurance Program)
- Disability RightsNetwork
(SpEd, TBI, SS) 800-692-7443
- Elks Nurses (PA) 814-781-7860
(care plan if disabled before 22)
- Head Injury Program 717-772-2762
(1 year of rehab, \$100,000 max)
- Health Law Project 800-274-3258
(help with public benefits)
- Legal Aid (PA) 800-322-7572
- Meals on Wheels www.mealcall.org
- Medicaid Waivers 877-550-4227
(Help at home, COMMCARE)
- Medical Assistance 866-542-3015
(some adults, all disabled children)
- Medicare Coverage 800-633-4227
(24/7 line, A & B in-home services)
- Medicare Denials 800-322-1914
- Social Security 800-772-1213
(survivors, disability, low income)
- Special Ed Consult Line 800-879-2301
- Special Needs Help 800-521-6860
(Medicaid rehab for children)
- Vocational Rehab www.dli.state.pa.us

BRAIN INJURY BASICS



ACQUIRED BRAIN INJURY
NETWORK OF PENNSYLVANIA
Office: 1-215-699-2139
Messages: 1-800-516-8052
Fax: 1-215-699-5139
Email: info@abin-pa.org
Website: www.abin-pa.org

Missing Signals

Your brain has 100 billion neurons plus 10 to 50 times as many glial cells for support, nourishment, and help in transmitting signals. In brain injury, cells stop transmitting signals to each other. This prevents neural networking and changes thinking, behavior, and bodily functions.

Cell Damage

Brain cells can be damaged by breaking the cell wall or interfering with the supply of blood, oxygen or nutrients. Cells need safe levels of pressure and temperatures. Poisons are harmful.

Common Causes

The effect of any alcohol, anaphylactic shock, aneurysm, anoxia, AVM, brain tumor, carbon monoxide, cardiac arrest, chemotherapy, concussion, dehydration, diabetic coma, drowning, drugs, electric shock, explosions, falls, gunshot, hemorrhage, high fever, hyperthermia, hypothermia, infection, malnutrition, poison, radiation, seizures, sepsis, shaking, stroke, suffocation, surgery, and whiplash adds up over time.

Medical Treatment

Professionals can help you re-establish breathing, swallowing, hand control, walking, memory, thinking, etc. with your determined effort. The terms mild, moderate or severe indicate the intensity of medical care required, not the functional outcome.

Restoration

Repeated efforts may move specific functions to a healthy part of the brain (plasticity). Chiropractic may restore blood flow to the brain. Hyperbaric oxygen may trigger re-growth of missing portions of the brain. Homeopathy may revive dormant cells in the brain. Energy therapies may re-establish brain to muscle connections. Brain function may improve with active or passive neurofeedback.

Rehabilitation

Disability is decreased by timely help. Survivors may need to: understand and accept their limitations; re-learn academic, social, vocational skills; develop new interests and appropriate vocational goals; use strategies to compensate for deficits; understand, accept and control emotions; minimize fatigue; and avoid cognitive overload and overreaction.

Common Problems

COGNITIVE: awareness, focus, judgment, memory, multi-tasking, organization, planning, reasoning, speed, word finding.

PHYSICAL: balance, fatigue, headache, hearing, incontinence, nausea, paralysis, seizures, smell, spasticity, speech, swallowing, taste, vision, weakness.

BEHAVIORAL: agitated, anxious, depressed, egocentric, impulsive, mood changes, unaware of others.

Impact on Life

Each injury is different but many losses are common: home, family, savings, job, friends, independence. Additional risks include re-injury, poverty, homelessness, jail (25-87% of inmates), suicide (5 times average rate), substance abuse chronic traumatic encephalopathy, and misdiagnosis of mental illness or mental retardation.

Take Charge !!!

Focus on interests, safety, peer involvement, and good nutrition. Educate physicians. Use community supports. Get rehabilitation. Get substance abuse treatment & family counseling. ***Expect progress!***