

Brochures to Order or Print from the Website

- ___ ABIN-PA in Action
- ___ Assistive Technology
- ___ 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
- ___ Victims Services

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 www.biapa.org
- Brain Injury Help Line 866-412-4755
(PA DOH free literature, books)
- Disability RightsNetwork(SpEd,TBI,SS)
800-692-7443 ww.drnpa.org
- Elks Nurses (PA) 814-781-7860
(care planning for children)
- 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 800-757-5042
(Community services, 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
- Pittsburgh Area Brain Injury Alliance
412-761-9870 www.pabia.org
- 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: 215-699-2139
Messages: 1-800-516-8052
Fax: 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 die or become dormant and 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 otherwise interfering with the supply of blood or oxygen. Cells need nutrients, safe temperatures, and safe levels of pressure. Poisons are harmful.

COMMON EVENTS.....

Many events may damage brain cells, and the effect is cumulative: 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, whiplash, etc.

MEDICAL TREATMENT.....

Lives are saved and basic skills are re-established—breathing, swallowing, hand control, walking, etc.—through the help of physicians, respiratory therapists, occupational therapists, physical therapists, and speech & language therapists. The terms mild, moderate or severe indicate the intensity of medical care required.

RESTORATION.....

Repeated efforts may move specific functions to a healthy portion 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 to: understand and accept 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.....

Each injury is different but many losses are common: home, family, savings, job, friends, independence.

FURTHER RISKS.....

Re-injury; poverty; homelessness; jail (25-87% of inmates); suicide (5 times average rate); early dementia; misdiagnosis of mental illness or mental retardation; substance abuse.

BE PROACTIVE.....

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