

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

BUILDING A NEW LIFE AFTER BRAIN INJURY



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

You are Not Alone

Wayne Gordon, PhD, believes there are 21 million people disabled by brain injury in the United States, based on a house to house survey. There are hundreds of thousands in Pennsylvania. Causes include accidents, stroke, alcohol, aneurysm, brain tumor, cardiac arrest, drug reaction, electric shock, explosion, illnesses, high fever, near drowning, infection, poisoning, etc.

Make New Friends

People who have been in your shoes understand what you are going through. You can find them by going to www.abin-pa.org, Support Groups. If there are none near you, start your own and help others by sharing your experiences.

Educate Yourself

Visit the ABIN-PA website at www.abin-pa.org and try all the buttons! Check out the Beginner box. Read our stories on Profiles. Click on "Buy on Amazon" and search on "brain injury". Also search the Internet using words like "brain injury" and "brain injury rehabilitation". You will find a world of information, lots of it recent!

Get Help

There are many resources listed on the back of this brochure with phone numbers and websites. Call and ask questions. Make sure you have a plan for your rehabilitation. Build a support group of people who are committed to your recovery over the long haul—and show you care about them as well!

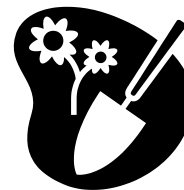
Use Your Interests !

Let your interests draw you into new activities, new skills and new friendships.

Your brain will build new connections when you get involved in activities you are excited about.

Check off what you enjoy and find a way to do it—maybe with help. This will cause your brain to repair.

.....Art.....Music.....Fish Tank
.....Camera.....Sports.....Fishing
.....Friends.....Family.....Singing
.....Plants.....Books.....Computer
.....Movies.....Food
.....Cooking.....Crafts
.....Church.....Pool
.....Sewing.....Pets
.....Games



Have Fun !

Aim High

- Based on animal studies, the brain repairs itself!
- Take advantage of hope.
- Make gratitude your attitude.
- Enjoy what you can do today and know you will do better.
- Sometimes a little extra time is all you need. Don't rush.
- Have patience with others when they are trying to help.
- Plan around your limitations so you don't need to apologize.

Never Give Up

Fortunately most survivors far exceed the predictions others have made about their future lives.

Recovery must be the goal. Progress continues every year as the brain remodels from birth to death. Brain plasticity is the key to recovery! In the meantime, make each day something to celebrate. Smile along the way!

Volunteer

The best way to help yourself is by helping others. Find a way!