

## 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

# BUILDING NEW LIVES AFTER BRAIN INJURY

**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

## You are Not Alone

There are at least 10 million people who are disabled by brain injury in the United States, with 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 are the ones who will understand what you are going through. You can find them by going to [www.abin-pa.org](http://www.abin-pa.org), Support Groups. If there are none near you, why not start your own! Help others by sharing your experiences.

## Educate Yourself

Visit the ABIN-PA website at [www.abin-pa.org](http://www.abin-pa.org) and try all the buttons! Watch the TV interview, the state funded DVD and the PowerPoints. 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 !

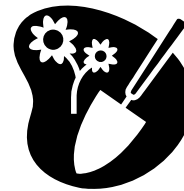
Let your interests draw you into new activities, new skills and new friendships.

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.

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

## 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!