

## Order Brochures or Print from Website

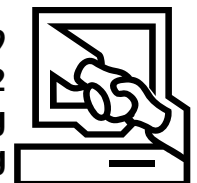
- \_\_\_ ABIN-PA in Action
- \_\_\_ Brain Injury Basics
- \_\_\_ Building New Lives
- \_\_\_ Changes in Your Loved One
- \_\_\_ Child Abuse
- \_\_\_ Children, Youth & Family
- \_\_\_ Children Require Rehabilitation
- \_\_\_ Criminal Justice
- \_\_\_ Customer Service
- \_\_\_ Definitions \_\_\_ Discharge Plan
- \_\_\_ Domestic Violence
- \_\_\_ Everybody Knows Somebody
- \_\_\_ Families \_\_\_ Financial Plan
- \_\_\_ Healing Strategies
- \_\_\_ Juvenile Justice
- \_\_\_ Law Officers: Info & Strategies
- \_\_\_ Medication Record
- \_\_\_ Partnering with Professionals
- \_\_\_ Planning Your Recovery
- \_\_\_ Professionals You May Meet
- \_\_\_ Public Programs
- \_\_\_ Psychiatry \_\_\_ Rehabilitation
- \_\_\_ Seniors \_\_\_ Sports
- \_\_\_ Telephone Book
- \_\_\_ Veterans \_\_\_ Victims Services

## Brain Injury Resources

- ABIN-PA InfoLine  
800-516-8052 [www.abin-pa.org](http://www.abin-pa.org)
- Area Agency on Aging (phone book)
- BIAA Help Line  
800-444-6443 [www.biausa.org](http://www.biausa.org)
- BIAPA Resource Line  
866-635-7097 [www.biapa.org](http://www.biapa.org)
- Brain Injury Help Line 866-412-4755  
(free literature, books)
- Disability RightsNetwork(SpEd,TBI,SS)  
800-692-7443 [ww.drnpa.org](http://www.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](http://www.mealcall.org)
- Medicaid Waivers 800-757-5042  
(lifetime CommCare, OBRA, etc.)
- Medical Assistance 866-542-3015  
(all disabled children are eligible)
- Medicare Coverage 800-633-4227  
(24/7 line, A & B in-home services)
- Medicare Denials 800-322-1914
- Pittsburgh Area B.I. Alliance  
412-761-9870 [www.pabia.org](http://www.pabia.org)
- Social Security 800-772-1213  
(survivors, disability, low income)
- Special Ed Consult Line 800-879-2301
- Special Needs Unit 800-521-6860  
(child federally entitled to rehab)
- Vocational Rehab [www.dli.state.pa.us](http://www.dli.state.pa.us)

# BUILDING NEW LIVES

215-699-2139  
1-800-516-8052  
[info@abin-pa.org](mailto:info@abin-pa.org)  
[www.abin-pa.org](http://www.abin-pa.org)



**ACQUIRED BRAIN INJURY  
NETWORK OF PENNSYLVANIA**

## You are Not Alone

There are at least 10 million people disabled by brain injury in the United States, with hundreds of thousands in Pennsylvania. Causes include head injury, stroke, alcohol, aneurysm, brain tumor, cardiac arrest, drug reaction, electric shock, explosion, high fever, near drowning, infection, poisoning, etc.

## Make New Friends

A very large group of survivors and family members in Pennsylvania know what you are going through and can give you a lot of tips. Look for them!

Find a support group through [www.abin-pa.org](http://www.abin-pa.org), Resources, or 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 state funded DVD and the PowerPoints. Read our stories on Profiles. Also search the Internet using words like "brain injury" and "brain injury rehabilitation". You will find a world of information, lots of it new!

## Get Help

There are many resources listed in this brochure with phone numbers and websites. Also, go to [www.abin-pa.org](http://www.abin-pa.org) and check out Local Services, Publicly Funded Programs, and Rehabilitation Facilities.

## Use Your Interests !

Be sure to spend time each day on something you enjoy! 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.

## What do you enjoy?

Check off what you enjoy and find a way to do it—maybe with help.

.....Art .....Music.....Fish Tank  
.....Computers.....Camera.....Sports  
.....Friends.....Family.....Singing  
.....House plants.....Books  
.....Movies.....Food  
.....Cooking.....Crafts  
.....Billiard.....Church  
.....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 according to survivors themselves, even 10, 15 and 20 years later. Brain plasticity is great!

Meanwhile, make each day something to celebrate. Smile along the way!