

## 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)

# CHANGES IN YOUR LOVED ONE AFTER BRAIN INJURY

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**

## **What is An Acquired Brain Injury or ABI?**

ABI means brain functions have been damaged by a decrease in oxygen or blood to the brain due to physical trauma (TBI), stroke, fever, infection, chemotherapy, or other events.

## **How Does An ABI Affect People ?**

A person with an old or new ABI may have trouble with following directions or understanding events. They may not remember things or be able to answer questions easily. They may have problems walking, swallowing, seeing or hearing. They may become confused or upset easily, or struggle with depression or anxiety.

## **What might you notice?**

Perhaps there is a tracheotomy scar at the base of the throat or maybe scars or depressions on the head, face or neck. Perhaps speech is slurred or slow. You may notice that their eyes don't travel smoothly together or that they tremble or shake. You might realize that they don't remember things or that they are "not themselves". You can easily help that person feel more comfortable.

## **Have You Noticed ?**

1. Slower thinking
2. Slower reaction time
3. Speech is difficult
4. Mind tires easily
5. Body tires easily
6. Decisions are difficult
7. Noise overwhelms
8. Becomes confused in a group
9. Tasks are not completed
10. Tasks are not familiar
11. Responsibilities are ignored
12. Unable to understand
13. Prefers to be left alone
14. Shows strong interests
15. Easily upset
16. Easily confused
17. Poor memory for recent events

## **Could You ...**

1. Speak more slowly
2. Plan for safety
3. Expect short answers
4. Reduce stimulation
5. Arrange frequent rest breaks
6. Offer simple choices
7. Minimize noise
8. Remain close by
9. Coach using small steps, cards
10. Give shorter/easier tasks
11. Simplify responsibilities
12. Gently change the subject
13. Assure quiet times
14. Help carry out interests
15. Remain calm
16. Simplify the situation
17. Promote using a memory book