

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

CHANGES IN YOUR LOVED ONE 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

What is a brain injury?

A brain injury 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, hemorrhage or other events.

How does brain injury affect people ?

A person with a recent or previous brain injury may have trouble with directions or seem confused. 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 can be done?

Cognitive rehabilitation therapy has been proven to help people recover their thinking skills after brain injury. A physician trained in rehabilitation can help restore physical function. If there are seizures, a neurologist can help. Consult a neuropsychiatrist if medication is needed to help manage behaviors. A neuropsychologist can determine what portions of the brain were injured, what skills were lost, and how to cope during recovery.

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
18. Poor memory for future events
19. People/faces unfamiliar

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
18. Promote using a date book
19. Use pictures or remind