

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

RETURNING TO WORK 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

Brain Injury is Common

Each year in PA, traumatic brain injury causes 41,000 emergency room visits and hospitalizes 7,800. Thousands more have non-traumatic brain injuries. These injuries are cumulative over time and may also affect employment.

Possible Causes

Abuse, Alcoholism, Anesthesia, Aneurysm, Assault, Bicycle crash, Brain surgery, Brain tumor, Bypass, Cardiac arrest, Chemotherapy, Drug abuse, Drug reaction, Electric shock, Explosion, Gunshot, Falls, High fever, Impact, Infection, Lightening, Motor vehicle crash, Near drowning, Near suffocation, Poisoning, Radiation, Shaking, Skateboarding crash, Skiing crash, Stroke, Suicide attempt, Whiplash.

Possible Effects

Old or new, a brain injury may cause trouble with following directions or understanding events. Remembering or answering questions may be difficult. There may be problems with walking, swallowing, seeing, hearing, speaking, confusion, agitation, depression or anxiety.

Returning to Work

Hospitalization and home rest may be enough for recovery. Others may require medical, cognitive and/or vocational rehabilitation. Volunteer, part-time, reduced workload, a shift in job tasks or a new career may be needed during recovery.

Strategies for Success

1. Reduce stimulation
2. Speak more slowly
3. Offer simple choices
4. Expect short answers
5. Explain events and tasks
6. Give shorter/easier tasks
7. Coach using small steps, cards
8. Use pictures or other reminders
9. Arrange frequent rest breaks
10. Simplify the social situation
11. Simplify job responsibilities
12. Remain calm & speak calmly
13. Gently change the subject
14. Use the "buddy" system
15. Minimize noise & motion
16. Plan for safety
17. Use assistive technology
18. Use environmental modifications
19. Promote using a memory book
20. Promote using a date book
21. Sensitize other workers
22. Make any changes very slowly
23. Understand limitations
24. Build on strengths

Employer Resources

Your local Office of Vocational Rehabilitation has information, resources and programs to help employers hire workers with disabilities and retain workers who have become disabled. Check online or in your blue pages.

Employer Incentives

1. Architectural/Transportation Tax Deduction for removing barriers.
2. Small Business Tax Credit for being accessible.
3. Work Opportunity Tax Credit (WOTC) for hiring those in targeted groups (veterans, etc.)
4. PA Employment Incentive Tax Credit for hiring a recipient of public assistance or OVR services.
5. On-the-Job Training for specific skills training for a specific job.

Employee Resources

1. PA Head Injury Program for one year of rehab, \$100,000 max.
2. PA COMMCARE Waiver for rehab, vocational and support services.
3. PA Vocational Rehabilitation for evaluation, job training, job placement, and job coaching.
4. PA CareerLink for general help for job seekers.