

## 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](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
- 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](http://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](http://www.dli.state.pa.us)

# EVERYBODY KNOWS SOMEBODY WITH A 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](mailto:info@abin-pa.org)  
Website: [www.abin-pa.org](http://www.abin-pa.org)

## **Brain injury is everywhere!**

Can you think of a famous athlete who retired because of a head injury or too many concussions?

Has anyone ever spoken to you about a blow to the head, or even a bump from a fall or a lump from walking into a door?

Here are some phrases that a child or an adult may use after a brain injury: Had a concussion, Had my bells rung, Had my lights dimmed, Head Injury, Knocked out, Fainted, Mild head injury, Moderate head injury, Put my lights out, Saw stars, Severe head injury, Shaken Baby Syndrome, Woozy in the head.

## **What is a brain injury?**

A brain injury means brain function was damaged by an event that decreased oxygen or blood to the brain. Some injuries result from physical trauma (TBI). These events are so common that people take them for granted, never realizing problems accumulate. Eventually, damage may equal a disability. Any brain injury requires attention. Use caution to prevent a "second hit". Humans are not super heroes.

## **What are the causes?**

Alcoholism, Anesthesia, Aneurysm, Beating or a punch, Bicycle crash, Blow to the head, Brain infection, Brain radiation, Brain surgery, Brain tumor, Cardiac arrest, Cardiac surgery, Drug reaction, Electric shock, Explosion, Gunshot, Falling, High fever, Impact, Lightening, Motor vehicle crash, Near drowning, Near suffocation, Poisoning, Shaking, Skateboarding crash, Skiing crash, Stroke, Whiplash

## **What are the 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, confusion, agitation, depression or anxiety.

## **What are the signs?**

Tracheotomy scar at the base of the throat. Scars or depressions on head, face or neck. Slurred or slow speech. Eyes don't travel smoothly together. Trembling or shaking. Not remembering things. Easy agitation. Unusual reactions or they are "not themselves". Fatigue. Confusion.

## **You Can Help!**

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
20. Explain what is happening.