

Brochures to Print or Order 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

REHABILITATE YOUR BRAIN: Tips and Strategies



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

Choosing your helpers

While the brain actually must repair itself, brain injury rehabilitation providers can be helpful if chosen carefully. Keep a good match between your stage in recovery and the skills of your current brain injury rehabilitation provider.

What skills are needed?

Many professionals can help you, including neuropsychologists, occupational therapists, physical therapists, and speech & language therapists. For a longer list of professionals and definitions of words they may use, consult the pamphlets at www.abin-pa.org.

What Help is Needed?

Professionals help you identify your strengths, help you decide what to work on, and share strategies. They can also help you break activities down into small, easy steps.

Signs of Success

You will be calm and content when your rehabilitation plan is working well. You will be eager to work hard and take the next steps. Eventually, you will continue on your own.

Maximize your success

- Focus on effort, not outcome.
- Don't create a timeline.
- Set success at 10%.
- Rest before & after effort.
- Live gently within your limitations.
- Focus on easy activities.
- Do as much as you can yourself.
- Celebrate every achievement.

Progress is slow

Periods of no change are frustrating but lead to further progress. While your brain is defragging for efficiency, you will need to rest. When you first start new activities, familiar activities may not go as well. Don't give up!

Conflicting opinions

When you don't know what to do next, or when your rehabilitation providers don't offer a clear direction, look to the Signs of Success. The correct path will give you a sense of satisfaction and encouragement.

Materials for providers

On the ABIN-PA website, check the Challenges DVD, the pamphlets, and the Power Points in Library. Order a free Physicians Tool Kit on Brain Injury for your providers at www.cdc.gov.

What is recovery?

Recovery means building a new life. While you regain your skills, explore new interests for two reasons. Novelty promotes brain repair and new interests can lead you to a new life— a life of meaning, joy and value. This is the life of the "survivor" who has made lemonade out of a lemon.

Novelty, intent, passion

Much to everyone's surprise, interesting activities increase the number of brain cell connections, even in old brains. Mindless activities don't help so pursue activities you are passionate about. Revisit old hobbies and try new ones.

Work with focus and intent on web links and workbooks you enjoy. Read "The Brain That Changes Itself" by Norman Doidge, M.D. Try out www.givebackorlando.com.

Your attitude is the key

Don't waste energy on unproductive lines of thought. Stay positive, hopeful and determined. You have a future! You are moving toward it every day. Surround yourself with positive people and focus ahead.