

## Brain Injury & Disability Resources

ABIN-PA InfoLine 800.516.8052  
Abuse Reports—Age 0-18 800-932-0313  
Abuse Reports—Age 18+ 800.490.8505  
Aging/Disability Referrals 866.286.3636  
Area Agency on Aging (blue pages)  
BIAPA Resource Line 800.444.6443  
BrainSTEPS (Local Intermediate Unit)  
CareerLink (blue pages)  
ChildrensHealthInsurance 800.986.5437  
Consumer Protection 800.441.2555  
Crime Victim's Benefits 800.233.2339  
Defense & Veterans BIC 866.966.1020  
Disability Rights Network 800.692.7443  
DomesticViolence Hotline 800.799.7233  
Elks Nurses (care plans) 814.781.7860  
Epilepsy Foundation 800.887.7165  
Head Injury Program 717.772.2762  
(1 year of rehab, \$100,000 max)  
Health Insurance [www.healthcare.gov](http://www.healthcare.gov)  
or 800.318.2596  
Health Law Project 800.274.3258  
Independent Living Ctrs 717.364.1732  
Legal Aid (PA) 800.322.7572  
Legal Clinic for Disabled 215.587.3350  
Meals on Wheels [www.mealcall.org](http://www.mealcall.org)  
Medical Assistance 800.537.8862  
Medicare Coverage 800.633.4227  
(Part A & B have in-home services)  
Medicare Complaints 800.783.7067  
Office of Vocational Rehab (blue pages)  
OVR Complaints 888.745.2357  
Social Security 800.772.1213  
Special Ed Consult Line 800.879.2301  
Special Kids Network 800.986.4550  
Waiver Enrollment 877.550.4227  
Waiver HelpLine 800.757.5042  
Women's Law Project 215.928.9801

## ABIN-PA Services

"Empowering Survivors & Families to Rebuild Their Lives."

### InfoLine

Resources. Problem-solving. Support.

### Advocacy

Individual. Government Affairs.  
Nonprofit Coalitions & Collaboratives.

### Education

Conferences. Presentations.  
Staff Training.

### Literature

Free Monthly Newsletter.  
Brochures.  
Booklets.  
PowerPoints.

### Website

Newsletter Archives & Sign-Up.  
Print Literature.  
"Our Stories."  
Print Resource List by Birthdate.  
Rehab Facility Search by Type.  
Videos.

## Brochure Categories

General  
Children <21  
Adults 18+  
Families & Caregivers  
Rehabilitation  
Dual Diagnosis  
Justice System

Brain Injury Advisory:  
Adults 18+

## BUILDING A NEW LIFE



ABIN-PA is dedicated to increasing public awareness about acquired brain injury and to providing support, education, information, advocacy and other services for individuals with acquired brain injury and their families.

## ACQUIRED BRAIN INJURY NETWORK OF PENNSYLVANIA

InfoLine: 215.699.2139  
Toll-Free: 1.800.516.8052  
[info@abin-pa.org](mailto:info@abin-pa.org)  
[www.abin-pa.org](http://www.abin-pa.org)

## You are Not Alone

There are an estimated 21 million people disabled by brain injury in the United States. At 8.5% of 12.7 million residents, there are over a million in Pennsylvania. Causes include accidents, stroke, alcohol, aneurysm, brain tumor, cardiac arrest, drug reaction, electric shock, explosion, illnesses, high fever, near drowning, infection, poisoning, etc.

## Make New Friends

If you are one of the 21 million, there are many who understand what you are going through. To find new friends who understand attend Support Groups or ABIN-PA events. You will be supporting each other!

## Educate Yourself

Once you have a brain injury, you need to educate yourself about how to deal with it and how to promote recovery. Visit the ABIN-PA website at [www.abin-pa.org](http://www.abin-pa.org) and try all the buttons! Check out the Beginner Box. Read our "Stories of Hope." Click on "Buy on Amazon" and search on "brain injury." Also search the Internet for "brain injury" and "brain injury rehabilitation." You will find a world of information!

## Get Help

There are many resources listed on the back of this brochure with phone numbers and websites. Call and ask questions. Make sure you have a plan for your rehabilitation. Build a support group of people who are committed to your recovery over the long haul—and show you care about them as well!

## Use Your Interests !

Let your interests draw you into new activities, new skills and new friendships.

Your brain will build new connections when you get involved in activities you are excited about.

Find out what you enjoy and find a way to do it—maybe with a little help. This will cause your brain to repair.

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Art\_\_Books\_\_Camera\_\_Church  
Cooking\_\_Computer\_\_Crafts  
Exercise\_\_Family\_\_Food\_\_Travel  
Tropical Fish\_\_Fishing\_\_Friends  
Games\_\_Magazines\_\_Movies  
Music\_\_Pets\_\_Plants\_\_Pool\_\_Sewing  
Singing\_\_Sports\_\_Volunteering  
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**Stay Busy & Have Fun  
To Promote Healing!**

## Aim High

- Based on animal studies, the brain repairs itself!
- Take advantage of hope.
- Make gratitude your attitude.
- Enjoy what you can do today and know you will do better shortly.
- Sometimes a little extra time is all you need. Don't rush.
- Have patience with others when they try to help you.
- Plan around your limitations so you don't need to apologize.

## Never Give Up

Fortunately, most survivors far exceed the predictions others have made about their recovery, so make recovery your goal.

Progress continues every year as the brain remodels from birth to death (brain plasticity). Meanwhile, make each day something to celebrate. Smile! Help others. Try new things.

## That 18 month limit?

Fortunately, the brain repairs year after year. Plateaus are temporary. Let us know if you are told that improvement ends at 6, 12 or 18 months. Spread the word—there is no limit and no need to give up!