

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
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
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:
Families & Caregivers

CHANGES IN YOUR LOVED ONE



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
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, illness, 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 upset easily or struggle with moods, depression or anxiety.

What can be done?

Cognitive Rehabilitation Therapy is the evidence-based treatment for brain injury recovery. OT, PT and speech/language therapy may also be essential. For seizures, a neurologist can help. Consult a neuropsychiatrist if medication is needed to help manage behaviors. A neuropsychologist can determine what skills were lost, suggest plans for rehabilitation, and explain 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. Wait for answers. Plan for safety.
3. Expect short answers.
4. Reduce stimulation. Provide rest.
5. Arrange frequent rest breaks.
6. Offer simple choices slowly.
7. Minimize noise. Provide ear plugs.
8. Remain close by. Avoid groups.
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. Rehearse plans. Remain calm.
16. Simplify the situation.
17. Promote using a memory book.
18. Promote using a date book.
19. Use pictures or remind.