

## 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+

## EMPLOYEE ACCOMMODATIONS



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)

## What is a Brain Injury?

When brain cells (neurons) are injured or die, signals fail to travel through the neural network that controls everything about our lives. Old or new, a brain injury may cause trouble with following directions, understanding events, memory and answering questions. There may be problems with walking, swallowing, seeing, hearing, speaking, confusion, agitation, depression or anxiety.

## Possible Causes

Abuse, alcoholism, anesthesia, aneurysm, assault, bike crash, brain surgery, brain tumor, bypass, cardiac arrest, chemotherapy, drugs, drug reactions, electric shock, explosion, gunshot, fall, fever, blow, impact, infection, lightning, motor vehicle crash, near drowning, near suffocation, poisoning, radiation, shaking, skateboard or skiing crash, stroke, suicide attempt, whiplash.

## Returning to Work

Hospitalization or rest at home may be all that is needed to return to work. Others may require medical care, rehabilitation, volunteer work, part-time, or less difficult tasks during the period of recovery.

## What can employers do?

Upon return to work, you can help your employee be more effective by minimizing distractions, emotional reactions, and unnecessary effort so the employee can focus on the job. Being back at work, if not too soon, will help your employee continue to regain former skills. The brain repairs as a result of effort and determination.

1. Provide a calm, quiet setting
2. Remind others to speak slowly
3. Give shorter/easier tasks
4. Explain events and tasks clearly
5. Limit the choices involved
6. Expect short answers
7. Coach using small steps, cards
8. Permit pictures or other reminders
9. Permit frequent rest breaks
10. Simplify the social situation
11. Simplify job responsibilities
12. Remain calm & speak calmly
13. Postpone confusing conversations
14. Assign a "buddy" for navigation
15. Minimize noise & motion
16. Make clear safety plans
17. Permit assistive technology
18. Offer environmental modifications
19. Permit use of a memory book
20. Support 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 you hire and retain workers with disabilities. The Job Accommodation Network has suggestions for possible accommodations. Check online or the telephone book 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.

## Keys to success

- Patience
- Encouragement
- Praise
- Clear, simple expectations
- Clear, simple rules
- Problem-solving together
- Team approach
- Accountability for all involved