

## 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:  
General

EVERYBODY  
KNOWS  
SOMEBODY



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)

## 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 that problems accumulate. Eventually, the damage may equal a disability. Any brain injury requires attention. Use caution to prevent a "Second Hit". Humans are not super heroes.

## What are some 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, Hemorrhage, High fever, Impact, Lightning, Motor vehicle crash, Near drowning, Near suffocation, Poisoning, Shaking, Skateboarding crash, Skiing crash, Stroke, and Whiplash

## What are some 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, reading, writing and/or math. There may be unusual reactions. "Not themselves." Accommodations are needed. There is a "new normal."

## What are some signs?

Tracheotomy scar at the base of the throat. Scars or depressions on head, face or neck. Slurred or slow speech. Uneven eye movements. Trembling or shaking. Fatigue. Gait. Paralysis.

## 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.