

## 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:  
Rehabilitation

## HOLISTIC OPTIONS



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)

## Holistic Healing

Conventional medical care saves many lives that would otherwise be lost. Once conventional medical care and rehabilitation accomplish what is possible after brain injury, you may be drawn to explore holistic options. There are many different options, but most stimulate the self-healing capacity of the body.

Here are a few pointers to help you make the best of your situation by respecting the role of medical care and rehabilitation while looking for further functional recovery.

## Healing Strategies and Medical Care

Talk to your doctor before trying any holistic healing options. Ask if your plans will interfere with your medical treatment. If your physician doesn't object, try one option at a time so you can tell what is helpful. Keep your doctor aware of any changes.

These forms of healing do not take the place of medical care. Be sure to get the medical treatment you need. Follow the advice and direction of your physician. Do not change your prescription medications without talking to your physician.

## A Few Holistic Options

Acupressure, Acupuncture, Alexander Method, Art, Art Therapy, Ayurveda, Behavioral Optometry, Biofeedback, Chiropractic, Cranio Sacral Therapy, Ecological Medicine, Feldenkrais, Feng Shui, Herbs, Homeopathy, Hyperbaric Oxygen Therapy, Interactive Metronome, Jin Shin Jyutsu, LENS Neurofeedback, Massage, Mindfulness Meditation, Music, Music Therapy, Neurofeedback, Nutrition, Oriental Medicine, Organic Whole Foods, Orthomolecular Medicine, Pet Therapy, Polarity, Qi Gong, Recreation Therapy, Reflexology, Reiki, Shiatsu, Sound Therapy, Supplements, Tai Chi, Therapeutic Riding, Therapeutic Touch, Touch for Health, Trager, Vision Therapy, VitalStim, Yoga

## Hyperbaric Oxygen

Go to [www.abin-pa.org](http://www.abin-pa.org), Library for the SPECT scan report and a video on Curt Allen's 10-month recovery.

## Homeopathy

Go to [www.nationalcenterforhomeopathy.org](http://www.nationalcenterforhomeopathy.org) for the NIH pilot study on brain injury in the Journal of Head Trauma Rehabilitation. Greater benefits the longer since injury.

## Learn About Options in Holistic Healing

1. Search the Internet
2. Go to [www.abin-pa.org](http://www.abin-pa.org) and check out "Links," "Alternatives"
3. Personal recommendations
4. Attend classes or seminars
5. Read books
6. Interview practitioners
7. Ask your physician

## Questions to Ask Holistic Practitioners

1. Are there any contraindications?
2. How much is each session?
3. How many sessions are needed to find out if this is helpful?
4. Are there other costs?
5. What is the total amount?
6. Are there papers to sign?
7. Will you be asking me to pay for more than one session at a time?

## Questions to Ask Yourself Before Starting

1. Is this OK with my physician?
2. Can I afford it?
3. How long shall I plan to try this choice?
4. Should I really sign anything?
5. Should I really pay for more than one session at a time?