

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:
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
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, Library for the SPECT scan report and a video on Curt Allen's 10-month recovery.

Homeopathy

Go to 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 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?