

## 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

## BRAIN PLASTICITY: THE KEY TO RECOVERY



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

A brain injury is identified by changes in cognition, emotions, behavior, or physical function following a known or unknown event that injured brain cells and disrupted neural networks.

## Functional effects

COGNITIVE: memory, speed, word finding, concentration, judgment, spatial awareness, organization, planning, multi-tasking, reasoning, predicting, reacting, processing, attention, reading, writing, math.

EMOTIONS: anxiety, depression, mood swings, agitation, apathy, rage, shame, grief, frustration.

BEHAVIOR: impulsivity, egocentricity, unaware of others and/or self, inertia, perseveration, unable to multi-task, loss of identity, apathy.

PHYSICAL: sudden and/or extreme fatigue, seizures, balance, gait, spasticity, weakness, paralysis, vision, hearing, speech, headache, sense of smell and/or taste, swallowing, nausea, appetite, thirst, dizziness, one sided neglect.

## Common losses

Academic skills, friends, job, career, home, savings, family, social skills, community roles, parenting skills.

## Public impact

Homelessness, lost tax revenue due to unemployment, SSDI, SSI, SNAP, jail, prison, juvenile detention, nursing homes, waiver programs, intellectual disability and mental health referrals.

## Choose recovery instead

- Get cognitive and physical rest
- Receive medical care
- See a neuropsychologist for an assessment and recommendations
- See a neuropsychiatrist for a diagnosis and medications
- See OT, PT, Speech, and Cognitive Rehabilitation Therapists for functional rehabilitation

## Brain plasticity is the key

Brain cells (neurons) form networks that control everything about our lives. Each neuron receives messages through its dendrites, decides what to do, and sends messages through its axon. In a lifelong process of repair and development called brain plasticity, neurons are stimulated, nourished, guided and restored by glial cells. Maturation, intelligence, lifelong learning and brain injury recovery are due to brain plasticity. This process is enhanced by good food, water, sleep, rest and pleasure.

## Enhance plasticity

Interesting activities that are pursued with determination and passion stimulate brain plasticity. For this reason, pleasure and individual interests must guide formal and informal rehabilitation. See “The Brain That Changes Itself” by Norman Doidge, M.D.

## Your recovery journey

- Notice what you enjoy
- Learn what holds your interest
- Move toward pleasure & interests
- Plan activities based on interests
- Break activities into small steps
- Ask for help if necessary
- Set low goals—10% is a success
- Change plans as interests change
- Follow your happiness

## Create a new future

- Apply for all benefits
- Get enough food, water, sleep
- Choose encouraging friends
- Associate with people who respect you and your decisions.
- Don't waste time on boring activities that are unnecessary.
- Take only as much responsibility as you can handle at the time.
- Every day, make the big and little choices required for a new life.