

## 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:  
Justice System

## POLICE OFFICERS: TIPS & STRATEGIES



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?

The diagnosis of brain injury refers to changes in thinking, behavior and/or physical function due to the death or injury of brain cells or neurons. The cause may involve physical trauma (TBI), blast, whiplash, assault, high fever, stroke, brain surgery, cardiac arrest, drugs, poisoning, medication, blood loss, infection, anesthesia, or near electrocution, suffocation, or drowning.

## Impact on others

A victim, suspect or inmate with an old or new brain injury may not be able to follow directions or give a statement. They may not remember or understand events. They usually can't think fast enough to respond to questions, conversation, rapid speech, noises, new situations, quick changes or commands. They may easily get upset or confused and then act in unexpected or unusual ways.

## Divert into treatment

The HELPS brain injury screening tool is online. Traumatic brain injury rehabilitation is funded by the PA Head Injury Program (717.772.2762) and the Independence and Commcare Waivers (877.550.4227).

## Any cognitive signs?

1. Thinks or reacts slowly.
2. Can't follow directions.
3. Doesn't answer or explain.
4. Struggles to find words.
5. Concrete thinking.
6. Can't rush or go any faster.
7. Disoriented and/or unaware.
8. Doesn't pay attention.
9. Ignores change of topics.
10. Memory problems.
11. Can't understand or decide.
12. Doesn't recognize or react to events, faces, places or things.

## Are there physical signs?

1. Tracheotomy scar (base of throat)
2. Scars on head, misshapen.
3. Eyes don't line up together.
4. Reacts as if partially blind.
5. Extreme fatigue under stress.
5. Difficult or slurred speech.
6. Appears deaf or hard of hearing.
7. Awkward, difficulty walking, uneven gait or stumbling.
8. One or more limbs rigid, weak, spastic, or paralyzed.
9. Trembling or shaking.
10. Seizures of various types.
11. Unable to maintain balance.
12. Confusion on uneven ground.
13. Brain injury listed on medical bracelet, chain or wallet card.
14. Difficulty swallowing.

## Emotional signs?

1. Anxious, easily frightened
2. Stunned when under stress.
3. Agitated in a group, anger.
4. Tears, laughter unexpected.

## Unusual behavior?

1. Impulsive.
2. Response not reasonable.
3. Distracted by noise and lights.
4. Behavior unpredictable.

## Helpful strategies

1. Minimize sirens, flashing lights.
2. Move slowly & calmly if possible.
3. Don't get any closer than needed.
4. Speak firmly but gently.
5. Use 2—5 words at a time.
6. Wait 3—5 seconds for an answer or response when possible.
7. Ask one part questions.
8. Give one step directions.
9. Repeat each direction until that step is complete (coaching).
10. Ask "Do you understand?"
11. Ask "Can you do this?"
12. Use hand gestures.
13. Call contact on wallet card or number on medical jewelry.
14. Seat the person to reduce fatigue and focus attention.
15. Test for substances, not for balance or mental acuity.