

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:
General

**RECOGNIZE!
REACT!
RECOVER!**



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

RECENT BRAIN INJURY

Mild - Signs & Symptoms

1. Headache
2. Nausea
3. Dizziness
4. Sleeping more or less often
5. Fatigue
6. Confusion
7. Memory affected
8. Concentration affected
9. Reading, math more difficult
10. Not himself or herself

Mild - Care & Treatment

1. Medical care
2. Cognitive rest
3. Physical rest
4. Gradual return to activities
5. Avoid re-injury

Mild - Outcome

1. Recovery within a few weeks.
2. Avoid stress and fatigue or symptoms may return.
3. Avoid re-injury.

General - Outcomes

1. Mild - unconscious 0-1 hour - 10% have lifelong impairment
2. Moderate - unconscious up to 24 hours - 33-50% have lifelong impairment
3. Severe - unconscious over 24 hours - 80% lifelong impairment

IMPAIRMENT FROM PRIOR BRAIN INJURY

Signs & Symptoms

1. Slower thinking & reaction time.
2. Speech is difficult.
3. Tasks are unfamiliar, incomplete.
4. Mind & body tire easily.
5. Decisions are difficult.
6. Noise overwhelms.
7. Groups & conversation difficult.
8. Ignores responsibilities, skills lost.
9. Unable to understand.
10. Prefers to be left alone.
11. Shows strong interests.
12. Easily upset, confused.
13. Poor memory for recent events.
14. Poor memory for future events.
15. People/faces unfamiliar.

Assess & Rehabilitate

1. Primary Care Physician - referrals.
2. Physical Therapy.
3. Cognitive Rehabilitation Therapy.
4. Occupational Therapy.
5. Vision Therapy.
6. Neuropsychologist
7. Psychiatrist (MD Rehab Specialist)
8. Speech/Language Pathologist
9. Neuropsychiatrist
10. Mindfulness Meditation.
11. Assistive Technology.
12. Compensatory strategies.
13. Vocational Rehabilitation (OVR)

Adjustments Are Needed

1. BrainSTEPS help at school.
2. Accommodations at work.
3. Short or long term disability pay.
4. Adjust financial responsibilities.
5. Adjust home responsibilities.
6. Adjust social involvement.
7. Match daily schedule to cognitive and physical limitations.
8. Find a support group.
9. Inform extended family & friends.
10. Plan for safety.
11. Provide coaching & cueing.
12. Minimize noise if needed.
13. Wait for delayed answers.
14. Help with difficult tasks.
15. Use date and memory books.

Recovery Tips

1. The brain repairs itself.
2. Brain re-modeling is life-long.
3. Months or years may be needed to regain important skills.
4. Recovery may be incomplete.
5. Supports may be needed.
6. Re-injury will cause a setback.
7. Stress and fatigue will interfere with recovery or cause a setback.
8. Personal interests will stimulate the brain to rewire and recover.
9. Volunteer work will help restore job skills and efficiency.
10. Cognitive pacing will reduce anxiety and emotional upset.
11. Continually adjust roles.