

## 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:  
Adults 18+

## RETURNING TO WORK



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)

## Background

Each year in Pennsylvania, traumatic brain injury sends 41,000 people to the emergency room and hospitalizes 7,800. Thousands more seek care with a physician or clinic, seek no care at all, or have a non-concussive brain injury from a stroke, aneurysm, diabetic coma, high fever, etc.

These injuries can cause changes in thinking, emotions, behavior, and/or bodily functions that may affect work. There may be problems with following directions, understanding events, remembering or answering. There may also be problems with walking, seeing, speaking, hearing, anxiety, swallowing, confusion, fatigue, agitation or depression.

## Your recovery

After medical recovery, you may need rehabilitation for changes in your thinking, emotions, behavior and bodily functions. As you improve, you may want to return to work. Volunteer work can be used to build stamina. Then, you might need part-time work, a reduced workload, or a shift in job tasks, depending on your progress to date. The Office of Vocational Rehabilitation and waiver programs may be able to assist you.

## Keys to Success

- Your social skills
- Your ability to do the job
- Necessary accommodations
- Returning to work at the right time

## Do you need any of these job accommodations?

1. A calm, quiet location
2. Assistive technology
3. Environmental modifications
4. Written directions
5. Picture directions
6. Reminders
7. Repeated training
8. Frequent rest breaks
9. Simplified social obligations
10. A “buddy” for navigation
11. Clear safety plans
12. A memory book
13. A date book
14. Advance notice of changes

## Barriers to success

- Poor social skills
- Poor attendance or lateness
- Irregular transportation
- Changes in supervision
- Changes in job requirements
- Changes in job setting
- Attitude of other workers
- Shift work or irregular hours

## Employer Resources

Your local Office of Vocational Rehabilitation has information, resources and programs to help employers hire workers with disabilities and retain workers who become disabled. Check online or in the telephone book blue pages.

## Employer Incentives

1. [Architectural/Transportation Tax Deduction](#) for removing barriers.
2. [Small Business Tax Credit](#) for being accessible.
3. [Work Opportunity Tax Credit \(WOTC\)](#) for hiring those in targeted groups (veterans, etc.)
4. [PA Employment Incentive Tax Credit](#) for hiring a recipient of public assistance or OVR services.
5. [On-the-Job Training](#) for specific skills training for a specific job.

## Employee Resources

1. PA Head Injury Program
2. Office of Vocational Rehabilitation
3. PA CareerLink
4. Job Accommodation Network
5. Independence Waiver
6. Commcare Waiver
7. MA for disabled workers
8. Ticket to Work (SSDI)
9. Volunteer opportunities