

## 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:  
Families & Caregivers

## SENIORS AT SPECIAL RISK



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)

## Falls cause brain injury!

According to the Centers for Disease Control and Prevention, “People age 75 and older have the highest rates of TBI-related hospitalization and death. In addition, they recover more slowly and die more often from these injuries than do younger people.” Falls are the greatest cause of brain injury in seniors ([www.cdc.gov](http://www.cdc.gov)).

## Prevent falls at home!

1. Create clear pathways.
2. Clear objects from floors & steps.
3. Remove or tape down loose rugs.
4. Do not walk over wires or cords.
5. Replace burned out light bulbs.
6. Replace loose or torn carpet.
7. Fix loose handrails on steps.
8. Use a tub mat or non-slip strips.
9. Install grab bars for tub, toilet.
10. Wear an alarm device to call help.

## Keep yourself safe!

1. Review medications with your doctor or pharmacist to prevent drowsiness and dizziness.
2. See the doctor for every bump or blow if using blood thinners.
3. Consider exercise and strength training to decrease falls.
4. Keep vision appointments up to date to prevent falls.

## What is a brain injury?

When an event is followed by changes in thinking, emotions, behavior or bodily functions, a brain injury has occurred. Traumatic Brain Injury comes from an outside force such as a blast, blow, fall, whiplash, impact or gunshot. Non-traumatic brain injury comes from a medical condition such as a stroke, diabetic coma, seizure, high fever, etc.

## Typical changes

Thinking: Problems may affect memory, word finding, concentration, judgment, spatial awareness, conversation, organization, multi-tasking.

Emotions: Problems may involve anxiety, depression, mood swings, anger, impulsive behavior, agitation.

Behavior: May ignore responsibilities and social cues. Difficulty considering others. Trouble starting and stopping.

Bodily functions: Seizures. Unsteady. Spastic muscles. Weakness. Paralysis. Blurred vision. Ringing in the ears. Slurred speech. Headache. Fatigue. Inability to wake up. Nausea. Vomiting. Dilation of one or both pupils. Sensitive to light, noise. Incontinence. Swallowing problems. Loss of smell and/or taste. Lack of coordination.

## Get good care

Neuropsychologists provide evaluations and neuropsychiatrists manage medications. Many physicians are uninformed and may confuse brain injury with dementia.

## Tips for recovery

1. Prevent further brain injuries.
2. Get plenty of rest & sleep.
3. Have water, fruits & veggies.
4. Address substance abuse.
5. Focus on personal interests daily.
6. Learn about brain injury.
7. Create a personal support circle.
8. Consider a support group.
9. Avoid drugs if possible.
10. Keep trying—accept errors.
11. Apply for the COMMCARE Waiver (1.877.550.4227) or the PA Head Injury Program (1.717.772.2762) to get home services, rehabilitation, home modifications, housing, etc.

## More information

Go to [www.cdc.gov](http://www.cdc.gov) to order these free brochures: “Preventing Traumatic Brain Injury in Older Adults” and “Check for Safety: A Home Fall Prevention Checklist for Older Adults”. Share this information with your friends and family.