

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:
Children <21

SPORTS CONCUSSION & STUDENT ATHLETES



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

SB 200—Safety in Youth Sports Act—July 1, 2012

“Establishing standards for managing concussions and traumatic brain injuries to student athletes; assigning duties to the Department of Health and the Department of Education; and imposing penalties.”

For the text, Google “PA Safety in Youth Sports” and choose the “pa portal” url. This Act applies to public schools, but it is hoped that the requirements will be followed in all sports programs for children. Penalties may be added if the current legislative study shows too many violations.

PA Schools Owe Sports Concussion Compliance

Check your nearest high school website for sports concussion information and possibly pre-season baseline testing, Return-to-Class and Return-to-Sports protocols.

Coaches, parents, and athletes now have certain required activities. Return to a game or practice after a possible concussion must have medical approval. Compliance will prevent rapid “second hits.” Report violations to info@abin-pa.org.

U14 No Headers!

Each season, 10% of athletes in contact sports have concussions and 30,000 children under age 14 get their concussions by heading a soccer ball.

“I would not let my kids head the ball before the age of 14,” said Cindy Parlow Cone. “Why risk it?” Cindy is a soccer star who retired due to post-concussion syndrome.

Cindy Cone, Brandi Chastain and the Sports Legacy Institute hope to end soccer headers by children under 14 and prevent 30,000 concussions/year.

Assess Rehab Needs

When changes in cognition, emotions, behavior and/or physical function are noted, children need cognitive and physical rest, medical attention, school accommodations and possibly brain injury rehabilitation.

Cognitive Rehabilitation Therapy is the evidence based treatment for brain injury recovery that reverses cognitive loss. The CPT Code is 97532.

For assistance with temporary or long-term school accommodations, contact the BrainSTEPS program in your Intermediate Unit and the Special Education Department.

Possible Long Term Effects from Concussion

COGNITIVE: memory, speed, word finding, concentration, judgment, spatial awareness, organization, planning, reading, writing, math, multi-tasking, fatigue, meaning.
EMOTIONAL: anxiety, depression, mood swings, agitation, frustration.
BEHAVIORAL: impulsive, agitated, egocentric, unaware of others, ignores responsibilities.
PHYSICAL: seizures, balance, spasticity, weakness, paralysis, vision, hearing, speech, headache, fatigue, smell, taste, swallowing.

Rehabilitation

All disabled children in PA have free Medical Assistance (MA) and are entitled to Cognitive Rehabilitation Therapy (CPT 97532) under the care of an Occupational Therapist. Get a referral from your primary care physician and then contact the Special Needs Coordinator of your physical health managed care plan.

Heads Up CDC Training

Go to cdc.gov/concussion/sports for free online coaches training and many free resources on recognizing and responding to a concussion.