

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:
Adults 18+

SURVIVORS: 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
www.abin-pa.org

Greetings!

You are now one of the 21 million Americans who live with the effects of brain injury. If you are like most, you will continue to improve each year and build a life of meaning, joy and value. Here are some tips and strategies from survivors who faced a similar journey toward recovery.

The recovery journey

We all start at different places and have a unique list of challenges but the process is similar:

1. Be aware of your surroundings
2. Understand your limitations
3. Re-learn what you can
4. Learn to work around your limits
5. Learn about assistive technology
6. Do as much as you can yourself
7. Get help from people you trust
8. Be kind to yourself and others
9. Enjoy something every day
10. Put safety first
11. Give yourself credit for trying
12. Take responsibilities seriously
13. Promise what you can deliver
14. Never give up!

Signs of Success

You will usually be calm, content and eager to start your day. Setbacks will be seen as inevitable but temporary.

Maximize your success

- Focus on effort, not outcome.
- Don't create a timeline.
- Set success at 10%.
- Rest before & after effort.
- Drink water, eat regularly, rest.
- Live gently within your limitations.
- Focus on easy activities.
- Celebrate every achievement.

Progress is slow

When you first start new activities, familiar activities may not go as well. While your brain is "defragging" for efficiency, you will need to rest. When your brain is repairing deep structures, progress is hidden (a plateau) but leads to sudden improvement.

Novelty, intent, passion

Much to everyone's surprise, interesting activities increase the number of brain cell connections, no matter what the age of the person.

Mindless activities don't help, so pursue activities you are passionate about. Revisit old hobbies and try new ones. Work with focus and intent on web links and workbooks you enjoy. Read "The Brain That Changes Itself" by Norman Doidge, M.D. Try out www.givebackorlando.com.

What Help is Needed?

Your determination controls the outcome to a great extent, but professionals can assist. They can help you identify your strengths, decide what to work on, choose strategies and break activities down into small, easy steps. Keep a good match between your progress and the skills of your current brain injury rehabilitation provider.

Your attitude is the key

Don't waste energy on unproductive lines of thought. Stay positive, hopeful and determined. You have a future! You are moving forward every day. Surround yourself with positive people and focus ahead.

Conflicting opinions

When you don't know what to do next, or when your rehabilitation providers don't offer clear direction, remember that the correct path will give you a sense of satisfaction and encouragement.

Materials

Check the ABIN-PA website, cdc.gov (physicians' toolkit), brainsteps.net, lapublishing.com & lumosity.com.