

You Can Help!

1. Speak more slowly
2. Plan for safety
3. Expect short answers
4. Reduce stimulation
5. Arrange frequent rest breaks
6. Offer simple choices
7. Minimize noise
8. Remain close by
9. Coach using small steps, cards
10. Give shorter/easier tasks
11. Simplify responsibilities
12. Gently change the subject
13. Assure quiet times
14. Help carry out interests
15. Remain calm
16. Simplify the situation
17. Promote using a memory book

Information

Acquired Brain Injury Network
(Newsletter, Training, InfoLine)
1-800-516-8052
www.abin-pa.org

Brain Injury Association Help Line
1-800-444-6443
www.biausa.org

BIAPA Brain Injury Resource Line
1-866-635-7097
www.biapa.org

Dept. of Health Brain Injury Help Line
1-866-412-4755

Disability Rights Network
1-800-692-7443
www.drnpa.org

Pittsburgh Area
Brain Injury Alliance
1-412-761-9870
www.pabia.org

Medicaid Waivers
1-800-757-5042

Medicaid/Medical Assistance
1-866-542-3015

SSD/SSI Medicare
1-800-772-1213

Everybody Knows Somebody with a Brain Injury

215-699-2139
1-800-516-8052
info@abin-pa.org
www.abin-pa.org



**ACQUIRED BRAIN INJURY
NETWORK OF PENNSYLVANIA**

Brain injury is everywhere!

Can you think of a famous athlete who retired because of a head injury or too many concussions?

Has anyone ever spoken to you about a blow to the head, or even a bump from a fall or a lump from walking into a door?

Here are some phrases that tell you that a child or an adult may have had a brain injury:

Concussion
Had my bells rung
Had my lights dimmed
Head Injury
Knocked out
Fainted
Mild head injury
Moderate head injury
Put my lights out
Saw stars
Severe head injury
Shaken Baby Syndrome
Woozy in the head

245,000 Pennsylvanians live with a disability due to traumatic brain injury alone!

Anybody you know?

Add those disabled by:

Alcoholism
Anesthesia
Aneurysm
Beating or a punch
Bicycle crash
Blow to the head
Brain infection
Brain radiation
Brain surgery
Brain tumor
Cardiac arrest
Cardiac surgery
Drug reaction
Electric shock
Explosion
Gunshot
Falling
High fever
Impact
Lightening
Motor vehicle crash
Near drowning
Near suffocation
Poisoning
Shaking
Skateboarding crash
Skiing crash
Stroke
Whiplash

Does anything sound familiar?

What is An Acquired Brain Injury or ABI?

ABI means brain functions have been damaged by a decrease in oxygen or blood to the brain due to events such as physical trauma (TBI) or other events listed to the left.

How Does An ABI Affect People ?

A person with an old or new ABI may have trouble with following directions or understanding events. They may not remember things or be able to answer questions easily. They may have problems walking, swallowing, seeing or hearing. They may become confused or upset easily, or struggle with depression or anxiety.

What might you notice?

Sometimes people have a tracheotomy scar at the base of the throat. Sometimes they may have scars or depressions on their head, face or neck. Perhaps their speech is slurred or slow. You may notice that their eyes don't travel smoothly together. You may observe trembling or shaking. You might realize that they don't remember things or that they are "not themselves".