

## 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](http://www.abin-pa.org)

Brain Injury Association Help Line  
1-800-444-6443  
[www.biausa.org](http://www.biausa.org)

BIAPA Brain Injury Resource Line  
1-866-635-7097  
[www.biapa.org](http://www.biapa.org)

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

Disability Rights Network  
1-800-692-7443  
[www.drnpa.org](http://www.drnpa.org)

Pittsburgh Area  
Brain Injury Alliance  
1-412-761-9870  
[www.pabia.org](http://www.pabia.org)

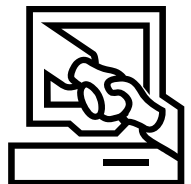
Medicaid Waivers  
1-800-757-5042

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  
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[www.abin-pa.org](http://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".