

HELPFUL RESOURCES

These and many other resources are described in detail in the *Michigan Resource Guide for Persons with Traumatic Brain Injury and Their Families* available free at www.michigan.gov/tbi or through BIAMI.

INFORMATION AND ADVOCACY

Brain Injury Association of MI (BIAMI)
800-772-4323 www.biami.org
Disability Network/Michigan
888-255-2457 www.dnmichigan.org
MI Protection and Advocacy
800-288-5923 www.mpas.org

PUBLIC BENEFITS PROGRAMS

Department of Human Services
517-373-2035 www.michigan.gov/dhs
Michigan Long Term Care Connections
866-642-4582 www.michigan.gov/ltc
Social Security Disability
800-772-1213 www.ssa.gov

CHILDREN'S SERVICES

Children's Special Health Care Services
800-359-3722 www.michigan.gov/cshcs
Early On Michigan
800-327-5966 www.1800earlyon.org
Project Find Michigan
800-252-0052 www.projectfindmichigan.org

VOCATIONAL REHAB AND EMPLOYMENT

MI Rehabilitation Services
800-605-6722 www.michigan.gov/mrs
MI Works!
800-285-9675 www.michiganworks.org

MENTAL HEALTH AND SUBSTANCE ABUSE

Community Mental Health Services
517-374-6848 www.macmh.org
Substance Abuse Referral
517-373-4700 www.michigan.gov/odcp



TBI ONLINE TRAINING

www.mitbitraining.org
info@mitbitraining.org

The Michigan Department of Community Health (MDCH) and its partners offer a **FREE** online training. This course offers professionals in case management, education, nursing, and social work the opportunity to earn **continuing education** credits toward their respective Michigan licenses. Caregivers will also benefit from the course.

The curriculum consists of four modules, each requiring 30-45 minutes to complete.

- ◆ Introduction to TBI
- ◆ Impairments and interaction strategies
- ◆ Screening for a history of TBI
- ◆ Public services

Many other educational materials are available from the MDCH TBI project at www.michigan.gov/tbi including:

- ◆ *Michigan Resource Guide for Persons with Traumatic Brain Injury and Their Families*
- ◆ *Traumatic Brain Injury Provider Training Manual*

PARTNERS



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IMPORTANT INFORMATION

about **WORKING** with
and **CARING** for **PERSONS**
with **BRAIN INJURY**



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BRAIN INJURY DEFINED

A brain injury refers to anything that causes brain cell death and loss of function.

A traumatic brain injury (TBI) is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Not all blows or jolts to the head result in a TBI. The severity of such an injury may range from "mild," i.e., a brief change in mental status or consciousness to "severe," i.e., an extended period of unconsciousness or amnesia after the injury. A TBI can result in short or long-term problems with independent function (Centers for Disease Control and Prevention, www.cdc.gov/TBI).

ABOUT CONCUSSION

Concussion is a mild TBI. The person may or may not lose consciousness for a short time. Some people are simply dazed or confused.

- With proper diagnosis and management, most people recover fully, but long-term, serious consequences are possible.
- The effects of multiple concussions may be cumulative.

HELPFUL TIPS

People with brain injuries often have memory difficulties. They may have problems carrying out plans and need redirection or become easily frustrated. Tips for working with individuals with brain injuries are:

- Talk slowly and clearly
- Speak in short sentences
- Give time to respond; take time to listen
- Repeat information

RECOGNIZING TBI

A brain injury may cause symptoms that appear to fit other diagnostic categories or disabilities and may not be recognized by those providing services. If someone you care for or work with shows symptoms described in this brochure, ask:

Have you ever hit your head or been hit on the head?

Prompt the person to think about incidents that occurred at any age, such as:

- Car/bicycle crashes
- Falls
- Assault
- Child abuse/domestic violence
- Sports accidents
- Military service-related injuries

Were you ever seen in the emergency room, hospital, or by a doctor because of an injury to your head?

Did you ever lose consciousness or experience a period of being confused because of an injury to your head?

- Have patience; stay calm
- Avoid over stimulation
- Put things in writing
- Read and fill out forms if the person is having trouble
- Ask questions about specific symptoms
- Let them know what to do next
- Follow-up to ensure they take the appropriate next steps

CHARACTERISTICS OF BRAIN INJURY

Just as each individual is unique, so is each brain injury. Problems may or may not be permanent.

PHYSICAL PROBLEMS

- Headache/pain
- Stiffness/weakness
- Lack of coordination/balance
- Problems with sleep/fatigue
- Problems with planning movement
- Swallowing/dressing/walking problems
- Seizures
- Slurred speech/no speech
- Bladder/bowel control

BEHAVIORAL/EMOTIONAL CHANGES

- Irritability/impatience
- Anxiety
- Depression
- Low self-esteem
- Difficulty reading social cues
- Mood swings
- Inability to cope
- Self-centeredness

COGNITIVE/SENSORY PROBLEMS

- Slowed thinking
- Trouble starting/completing tasks
- Difficulty with learning and memory
- Impaired judgement
- Difficulty concentrating
- Changes in smell/taste/hearing/vision
- Difficulty sequencing
- Loss of personal safety skills