

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

MI Choice Program
517-241-8265 www.michigan.gov/mdch

Michigan Long Term Care Connections
866-642-4582

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

MICHIGAN DEPARTMENT OF COMMUNITY HEALTH (MDCH) TBI PROJECT

MDCH and its partners in the TBI Project strive to improve access to services and provide education about TBI. Learn more at www.michigan.gov/tbi. Examples of the many educational materials that can be found on this website include:

- *Michigan Resource Guide for Persons with Traumatic Brain Injury and their Families* (BIAMI, 800-772-4323, provides **free** printed copies.)
- *Important Information about Working with and Caring for Persons with Brain Injury*
- *Resources for Veterans and their Families*

TBI ONLINE TRAINING

www.mitbitraining.org

This **free**, self-paced online training will help viewers better understand TBI and what to do for someone who has sustained a TBI. Professionals in case management, education, nursing and social work may earn **continuing education** credits towards their respective Michigan licenses. An extensive resource list and a glossary are provided.

PARTNERS



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RESOURCES for PERSONS with BRAIN INJURY and their FAMILIES



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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).

Primary causes of TBI are falls, motor vehicle crashes, assaults, sports injuries, and being hit in the head by an object. Serious injury can occur without obvious physical disabilities. TBI sometimes goes unrecognized until long after the injury.

DID YOU KNOW. . . CONCUSSION IS A MILD TBI?

WHAT SHOULD YOU DO?

- Seek medical attention
- Rest - both physical and mental - to allow time for the brain to heal
- Expect symptoms to improve
- Avoid re-injury. The effects of multiple concussions may be cumulative.

CHARACTERISTICS OF BRAIN INJURY

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

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

BEHAVIORAL/EMOTIONAL CHANGES

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

PHYSICAL PROBLEMS

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

FINDING SUPPORT SERVICES

The supports you need may vary depending on the severity of, and time since, injury. You may need more services than your health insurance covers. Support services you may be eligible for include:

- Personal assistance/respite care
- Assistive/adaptive equipment
- Home modifications
- Transportation
- Advocacy/legal help
- Drug/alcohol treatment
- Physical/occupational/speech therapy
- Housing
- Financial assistance
- Counseling/support groups
- Education and vocational training
- Family education

Finding support is not always easy. Your doctor, a local chapter of the Brain Injury Association of Michigan, or advocate may be able to help. For assistance, contact the advocacy resources on the reverse side of this brochure. The three sources of assistance listed below may be available depending on how the TBI was acquired. There may be time limits for filing claims with these sources.

NO-FAULT AUTOMOBILE INSURANCE

If a TBI is a result of an incident involving a car in Michigan, contact your insurance company first to obtain services. Or contact the Consumer Services, Division of Insurance, 877-999-6442.

CRIME VICTIM COMPENSATION PROGRAM

This program provides financial help to physically injured victims of crime. For more information call 517-373-7373, or www.michigan.gov/crimevictim.

WORKERS' COMPENSATION

If a TBI is from a work-related injury contact the Workers' Compensation Agency at 517-322-5987, or www.michigan.gov/wca.