

## 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](http://www.michigan.gov/tbi) or through BIAMI.

### INFORMATION AND ADVOCACY

**Brain Injury Association of MI (BIAMI)**  
800-444-6443 [www.biami.org](http://www.biami.org)

**Disability Network/Michigan**  
517-339-0539 [www.dnmichigan.org](http://www.dnmichigan.org)

**MI Protection and Advocacy Services, Inc.**  
800-288-5923 [www.mpas.org](http://www.mpas.org)

### PUBLIC BENEFITS PROGRAMS

**Department of Human Services**  
517-373-2035 [www.michigan.gov/dhs](http://www.michigan.gov/dhs)

**Michigan Long Term Care Ombudsman**  
866-485-9393 [www.michigan.gov/ltc](http://www.michigan.gov/ltc)

**Social Security Administration**  
800-772-1213 [www.ssa.gov](http://www.ssa.gov)

### CHILDREN'S SERVICES

**Children's Special Health Care Services**  
800-359-3722 [www.michigan.gov/cshcs](http://www.michigan.gov/cshcs)

**Early On Michigan**  
800-327-5966 [www.michigan.gov/earlyon](http://www.michigan.gov/earlyon)

**Project Find Michigan**  
800-252-0052 [www.projectfindmichigan.org](http://www.projectfindmichigan.org)

### VOCATIONAL REHAB AND EMPLOYMENT

**MI Rehabilitation Services**  
800-605-6722 [www.michigan.gov/mrs](http://www.michigan.gov/mrs)

**MI Works!**  
800-285-9675 [www.michiganworks.org](http://www.michiganworks.org)

### MENTAL HEALTH AND SUBSTANCE ABUSE

**Community Mental Health Services**  
517-374-6848 [www.macmh.org](http://www.macmh.org)

**Substance Abuse Peer Supports**  
517-373-4700 [www.michigan.gov/mdch-bsaas](http://www.michigan.gov/mdch-bsaas)



## TBI ONLINE TRAINING

[www.mitbitraining.org](http://www.mitbitraining.org)  
[info@mitbitraining.org](mailto:info@mitbitraining.org)

The three **free** training courses aim to provide current information that educates and promotes awareness of the causes, symptoms, and treatment of traumatic brain injury (TBI). Additionally, a list of resources for individuals with TBI can be found on the Resource Links page.

Those that may find the training helpful include service providers, educators, policy makers, advocates, caregivers, and the general public. Visit the website for a list of free continuing education credits available to training participants.

Many other free educational materials are available at [www.michigan.gov/tbi](http://www.michigan.gov/tbi) including:

- ♦ *Michigan Resource Guide for Persons with Traumatic Brain Injury and Their Families*
- ♦ *Resources for Veterans and their Families*
- ♦ *Resources for Persons with Brain Injury and their Families*

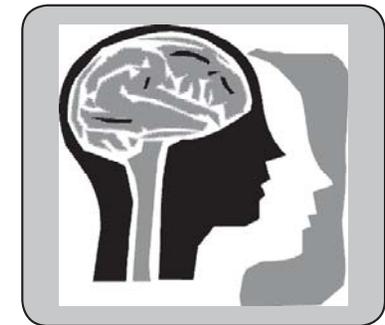
## PARTNERS



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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 bump, 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](http://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 include:

- 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
- Problems with swallowing/dressing/walking
- Seizures
- Slurred speech/no speech
- Problems with 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 judgment
- Difficulty concentrating
- Changes in smell/taste/hearing/vision
- Difficulty sequencing
- Loss of personal safety skills