

Vision & Goals

VISION:

Brain Injury survivors and their families will have easy access to a centralized clearinghouse of resources and high quality services that provide improved opportunities for a healthy recovery and reentry into the community.

GOALS:

1. To stop BI patients from "falling through the cracks". We are committed to finding ways to make sure patients have access to a continual series of services and support.
2. To compile and keep a constantly updated resource list for BI community members.
3. To establish a mentor program for BI patients that may be isolated.
4. To provide education and support for medical and healthcare providers.

Brain injury . . . a silent epidemic

In the U.S. each year, up to 2 million people of all ages suffer some form of brain injury.

Estimate from the U.S. Centers for Disease Control & Prevention (CDC)

Brain Injury Support Community

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Portland, OR 97205

Phone: 503-224-9069
E-mail: info@braininjuryhelp.org
Web: www.braininjuryhelp.org

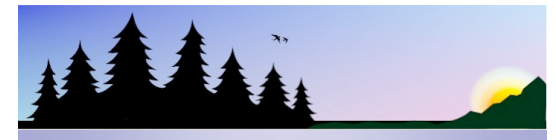
Brain Injury Support Community

Portland, OR & Southwest WA area

Help Line: 503-224-9069
www.BrainInjuryHelp.org

MISSION STATEMENT

To provide support, outreach, advocacy and education by connecting traumatic brain injury survivors and their families to services, resources and support systems in the BI community.





What we do

The Brain Injury Support Community provides the following services to the BI community:

- A Brain Injury Help Line – Talk to a BI help advocate
- A comprehensive resource directory that connects BI community members to the services they need
- Trainings and support groups to help individuals with brain injury learn coping skills and strategies for recovery
- Trainings and presentations for professionals in the medical, mental health, education, and social services professions.
- A quarterly newsletter with events and updates.

What is “brain injury”?

Brain Injury refers to an injury that temporarily or permanently alters the normal functioning of the brain in anyone from infants to aging adults. An injury that results in an “insult to the brain” can occur at birth or any other point during the lifetime.

A brain injury acquired during the lifespan is called an **Acquired Brain Injury (ABI)**. ABI can be caused by:

- Stroke (including aneurisms)
- Tumors
- Loss of oxygen (called *hypoxia*)
- Radiation and/or chemotherapy
- Side effect of medical treatment or drug use

Traumatic Brain Injury (TBI) is an injury that results from a blow or jolt to the head, or from the violent movement of the head. TBI includes concussions with or without loss of consciousness, and may be caused by:

- Falls
- Sports injuries
- Auto accidents
- Assault, including domestic violence
- Exposure to a blast (as from explosions)
- Injuries related to combat

Symptoms of BI

Physical, cognitive, and emotional problems can result from a brain injury. Common symptoms include:

- Persistent headache
- Getting lost or easily confused
- Slowness in thinking, acting, speaking or reading
- Memory loss
- Lack of energy, lethargy
- Change in sleep patterns
- Loss of balance
- Blurred vision
- Ringing in ears
- Changes in mood and behavior

The symptoms a person displays depend on the part of the brain that is injured and the severity of the injury. No two people have the same experience or the same healing pattern.

Symptoms may occur immediately, or may develop later. They can improve, change, or fluctuate for many months following injury. These factors are frustrating for patients and sometimes for their medical providers. It is important to work with professionals that are experienced in dealing with brain injury.