



TRAUMATIC BRAIN INJURY RESOURCE GUIDE

Your loved one has just been admitted with a Traumatic Brain Injury (TBI) and you have many questions and concerns about the care your loved one is receiving and what the future holds. Coping with TBI is a lifelong experience, not only for the patient, but for the family as well. There are many websites available that can provide you with information regarding TBI. However, the information may not always be current or appropriate for your particular situation. The following are some websites that have been chosen for their accuracy and professionalism. They will provide you with information about what to expect while your loved one is in the hospital and in the long term. Phone numbers are also included. There are also local resources and books included that may be helpful. Remember, you can always bring questions to the nurse, physician, or other health care worker.

GENERAL INFORMATION AND SUPPORT

<p><i>Brain Injury Association of America</i> www.biausa.org</p> <p>Phone: 1-800-444-6443</p> <p>This is the premier site for information and references on TBI. Medical, rehabilitative, and support information are just a few of the things you can find on this very comprehensive site.</p>	<p><i>Center for Neuro Skills</i> www.neuroskills.com</p> <p>Phone: 1-800-922-4994</p> <p>This site is provided by a rehabilitation center and is medically oriented but provides a lot of useful current information about neurological injuries.</p>
<p><i>Brain Injury Association of Virginia</i> www.biav.net</p> <p>Phone: 804-355-5748</p> <p>This is the state affiliation of the Brain Injury Association of America. Educational and support information specific to Virginia is provided. Also has a listing of Virginia support groups.</p>	<p><i>The Brain Injury Recovery Network</i> www.tbirecovery.org</p> <p>Phone: 1-877-810-2100</p> <p>This site was initiated by the family member of a TBI injured person and includes a lot of information about recovery issues and what to expect while in the hospital.</p>
<p><i>Traumatic Brain Injury Survival Guide</i> www.tbiguide.com</p> <p>Phone: 231-935-0388</p> <p>This site is written by Dr. Glen Johnson, a neuropsychologist. It is written in plain language and addresses the medical aspects of TBI, the types of symptoms the injured person may experience in the future, and how to deal with those symptoms.</p>	<p><i>Headinjury.com</i> www.headinjury.com</p> <p>Phone: 206-621-8558 (Head Injury Hotline)</p> <p>This is a non-profit site operated by head injury survivors. It provides information, discussion groups, and self-assessment resources.</p>

LOCAL REHABILITATION RESOURCES

Woodrow Wilson Rehabilitation Center

www.wwrc.net/menuroot/VR-brain-injury-services.htm

Phone: 540-332-7000, 1-800-345-9972

This Rehabilitation facility is located in Fishersville, VA. They provide residential and outpatient programs ranging from rehabilitation therapy, vocational training and assessment to support groups.

Lakeview Virginia Neuro Care, Inc.

www.vanc.org

Phone: 434-984-5218

This organization is located in Charlottesville. They provide various support and residential programs including a “clubhouse” to improve work skills and behaviors.

Virginia Department of Rehabilitative Services-Community Based Services

www.vadrs.org/cbs/biscis.htm

Phone: 1-800-552-5019 or 804-367-0316 (Dept. of Rehabilitative Services)

This site describes what types of state funded support is available for TBI survivors including the Brain Injury Direct Services Fund and Personal Assistance Services Program.

BOOKS RECOMMENDED BY FAMILIES

Living with Brain Injury: A Guide for Families, 2nd ed, HealthSouth Press.

Call to order: (210) 691-0737. Also available in the UVa Health Sciences Library.

Over My Head: A Doctor's Own Story of Head Injury From the Inside Looking Out by Claudia Osborn. Published by: Andrews McMeel Publishing, 2000

I'll Carry the Fork! Recovering a Life After Brain Injury by Kara L. Swanson. Published by: Rising Star Press, 2003.

Where is the Mango Princess? A Journey Back from Brain Injury by Cathy Crimmins. Published by: Vintage Books, 2001.