

## 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 Service, 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)  
**MI Choice Program**  
517-241-8265 [www.michigan.gov/mdch](http://www.michigan.gov/mdch)  
**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)

## MICHIGAN DEPARTMENT OF COMMUNITY HEALTH (MDCH) TBI GRANT

MDCH and its partners in the TBI Grant strive to improve access to services and provide education about TBI. Learn more at [www.michigan.gov/tbi](http://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*
- *Important Information about Working with and Caring for Persons with Brain Injury*
- *Resources for Veterans and their Families*

## TBI ONLINE TRAINING

[www.mitbitraining.org](http://www.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.

## PARTNERS



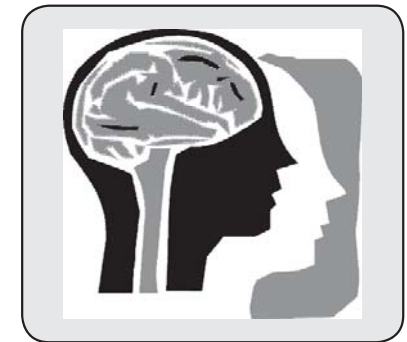
This brochure is supported in part by Grant H21MC06747 from the Department of Health and Human Services (DHHS), Health Resources and Services Administration, Maternal and Child Health Bureau. The contents are the sole responsibility of the authors and do not necessarily represent the official views of DHHS.

200 copies printed at \$.2759 each; total cost of \$55.18.

MDCH is an Equal Opportunity Employer, Services and Programs Provider



# RESOURCES for PERSONS with BRAIN INJURY and their FAMILIES



SPONSORED BY:  
MICHIGAN DEPARTMENT OF  
COMMUNITY HEALTH

PREPARED BY:  
MICHIGAN PUBLIC HEALTH  
INSTITUTE



SEPTEMBER 2013

## 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)).

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 judgment
- 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
- Problems with swallowing/dressing/walking
- Seizures
- Slurred speech/no speech
- Problems with 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 Department of Insurance and Financial Services, 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](http://www.michigan.gov/crimevictim).

### WORKERS' COMPENSATION

If a TBI is from a work-related injury contact the Workers' Compensation Agency at 888-396-5041, or [www.michigan.gov/wca](http://www.michigan.gov/wca).