

HELPFUL RESOURCES

Disability Rights Center (DRC)

Contact for free information, referral, materials and protection and advocacy assistance. A DRC priority is to assist service members who may have sustained an injury (including a brain injury) during their service to our country. The Protection and Advocacy for Traumatic Brain Injury program (PATBI) is one of the DRC programs providing legally based advocacy services. The non-profit P&A (DRC) receives federal funds and local donations to provide free statewide services.

Disability Rights Center Protection and Advocacy for TBI

1100 N. University, Suite 201
Little Rock, AR 72207
Local Phone: (501) 296-1775 V/TTY
Toll Free: (800) 482-1174 V/TTY
Fax: (501) 296-1779
Website: www.arkdisabilityrights.org

Arkansas Department of Health (ADH) TBI Program

Contact the ADH TBI Program for free education, awareness, and resource information

4815 W. Markham Slot 10
Little Rock, AR 72205-3867
Tel: (501) 280-4923
Fax: (501) 661-2055

Brain Injury Association of AR

For Information: (800) 444-6443
Administration: (501) 374-3585
Website: www.brainassociation.org

HELPFUL RESOURCES

Defense and Veterans Brain Injury Center

For information: (800) 870-9244
Website: www.dvbic.org

Veterans Administration

Website: www.va.gov & www.littlerock.va.gov

Telephone Care Program:

(501) 257-5656/ (800) 224-8387

Mental Health: (501) 257-3131

OIF/OEF Program Manager: (501) 257-6706

Transition Patient Advocate: (501) 257-5414

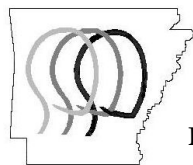
Physical Medicine & Rehab (TBI Team):
(501) 257-2991

VARO (Benefits/Claims): (800) 827-1000

Vet Centers: (501) 324-6395

Life Guard Workshop: (501) 257-3189

For additional resources visit the Brain Injury Association of Arkansas website for a list of resources by county. (www.brainassociation.org)



Brain Injury Association of Arkansas

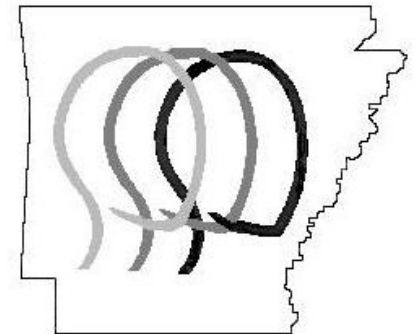
P.O. Box 25236
Little Rock, AR 72221-6236

Phone: (800)444-6443
Admin: (501)374-3585
E-mail: info@brainassociation.org
Website: www.brainassociation.org

Brain Injury Association of Arkansas

THE VOICE OF BRAIN INJURY HELP,
HOPE, AND HEALING

RESOURCES FOR VETERANS WITH BRAIN INJURY AND THEIR FAMILIES



TEL: (800)444-6443
WWW.BRAINASSOCIATION.ORG



BRAIN INJURY

Veterans returning from combat may have a Traumatic Brain Injury (TBI) caused by an Improvised Explosive Device (IED), mortars, grenades, bullets, car accidents, mines or falls. Serious injury can occur without obvious physical disabilities. TBI sometimes goes unrecognized until long after the injury.

On behalf of the citizens of Arkansas, the brain injury association extends a heartfelt appreciation to you for your honorable service to our country. You served us well and with dignity when you were needed. We want you to know, “we are here for you now!”

TBI Defined

From the Centers for Disease Control and Prevention:

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”, [A.K.A. Concussion], 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.

www.cdc.gov/ncipc/tbi/TBI.htm

Characteristics of Brain Injury

Just as each individual is unique, so is each brain injury. Physical disabilities, impaired learning and memory loss are common. These impairments may be temporary or permanent. Frequently reported problems include:

Physical Problems:

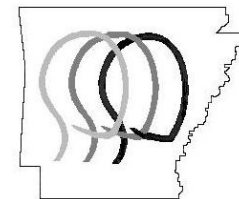
- Headaches or pain
- Stiffness or weakness
- Lack of coordination or balance
- Problems with sleep, fatigue
- Slurred speech/no speech
- Problems with planning movement
- Swallowing/dressing/walking problems
- Seizures
- Bladder/bowel control

Cognitive/Sensory Problems

- Slowed thinking
- Memory problems
- Impaired judgment/concentration
- Difficulty learning new information
- Difficulty planning/easily distracted
- Language/communication problems
- Difficulty with reading/writing skills
- Changes in smell/taste/hearing/vision
- Difficulty sequencing
- Decreased problem solving skills
- Loss of personal safety skills

Behavioral/Emotional Changes

- Irritability, impatience
- Anxiety
- Low self-esteem
- Restlessness/agitation
- Difficulty reading social cues
- Mood swings
- Depression
- Sexual dysfunction
- Trouble starting/completing tasks
- Inability to cope
- Self-centeredness
- Anger and frustration



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