Brain Injury Association of Missouri
Help and hope to create a quality life with brain injury through:
Support | Medical Service | Support Groups | Education | Environmental
Professional Conference, Concussion Education
Recreation | Social Groups | Social Activities
Advocacy | Prevention of Brain Injury, Access to Services

1-800-444-6443
info@biamo.org
www.BIAMO.org
2265 Schuetz Road
St. Louis, MO 63146

DHSS Adult Brain Injury Program (ABI)
Assistance with locating, coordinating and purchasing rehabilitation and psychological services for individuals, ages 21 to 65, who are living with a traumatic brain injury (TBI).

1-800-451-0669
www.health.mo.gov
Missouri Dept. of Health and Senior Services
Adult Brain Injury Program
PO Box 570
Jefferson City, MO 65101

Department of Mental Health-Defense of Developmental Disabilities
Brain injury is classified as a developmental disability when it occurs at age 21 or younger. DMH Regional Centers offer:

• Prevention of Brain Injury, Access to Services
• Survivors Camp, Social Activities
• Advocacy
• Referral Service, Support Groups
• Prevention of Brain Injury, Access to Services
• Preventive Community Services for information and support. Find people to provide help for hope and opportunities.

1-877-222-8963
info@dmh.mo.gov
www.dmhh.mo.gov
2101 East Elm Street
Jefferson City, MO 65101

Tips Toward Adapting to Life with Brain Injury
Practice a Positive Attitude. Think about happy memories and good times when faced with challenges, disappointments and bad news. Say something positive out loud for yourself and others to hear – and embrace.

Celebrate Accomplishments. Every small gain matters in the long process of brain injury recovery. Build celebration into every gain of ability or understanding of directions, conversations or surroundings. Embrace new abilities of the person injured.

Never Give Up. Keep trying when guidelines, eligibility and payment source are barriers to services. Be determined to find services and supports that are appropriate and available for your situation. Prove naysayers wrong. Keep hope and strength toward your full potential of life with brain injury.

Plan for the Future. Work with care and community providers to identify potential services early and often throughout your recovery. If one service is not applicable or available, explore other options. Prepare to be flexible. Update care plans as situations and personal abilities change. Set short and long-term obtainable goals – believe in what can be.

Share Your Experiences. Raise awareness about brain injury and its effect on your life. Share your personal story with others living with brain injury, the community and elected officials. Education and awareness help prevent brain injuries, improve recognition of undiagnosed brain injuries, increase awareness of service gaps and inform survivors and families that help is available.

Tips Toward Help, Hope and Healing
Know You Are Not Alone. Connect with other individuals who truly understand brain injury. Participate in a brain injury support group, contact state and community services for information and support. Find people to provide help for hope and opportunities.

Ask Questions. You have the right to understand what is anticipated, recommended and available for your brain injury recovery. Ask care and support providers for clarification. Be persistent to understand.

Keep a Journal. Use words, pictures, drawings, audio or video to record recovery progress each day. Make notes for questions. Reflect on your feelings to emotionally process the situation. Have others involved with care record their observations, feelings and questions.

Work Toward Recovery. Brain injury recovery will not be easy. Hard work is essential in therapy and during support services. Positive encouragement helps motivate loved ones. Continue learned techniques at home and in the community to enhance physical, cognitive and emotional-control gains. Never give up.

Take Care of Yourself. Make time for yourself – every day. Make time to physically and emotionally rest. Let yourself grieve over the loss of personality and abilities of the person you knew before the injury. Maintain healthy self-care of hygiene, nutrition, physical activity and sleep. Embrace love for self, family, and friends as they are today.

Recognize Realities. There is no magic wand for brain injury recovery. The extent and potential limitations of the extent of damage and the poor health of the brain, influence recovery. The full potential reached may be different for each person injured.

Care and community providers use guidelines to determine if their services are applicable to the person injured and payment source. Government programs limit who is eligible and services provided based on funding priorities. There are gaps in services due to guidelines, limits and payment sources.

Resources

More resources on back

Support

Determination

Help & Hope

Knowledge

Questions

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Life is going to be different. Brain injury is a journey. The starting point, specific steps and level of recovery may be different for each person, but this general pathway of information is applicable for children, adults and senior adults.

**Mild Brain Injury | EMERGENCY DEPARTMENT/URGENT CARE**

**Home**
- No follow-up assessment prescribed by medical personnel. Recovery anticipated within a few days to a few weeks
- Recommendation to follow-up with primary care provider about incident, brain injury effects and need for outpatient therapy
- Directive for medical reassessment after 14 days if problems with thinking, behavior or emotions persist or arise

**EMERGENCY DEPARTMENT/ICU/ACUTE HOSPITAL**
- Needs 24-hour medical care available
- Requires in-home nursing or therapy services
- Needs frequent assistance for personal care and activities of daily living

**Long-Term Acute Care (LTAC)**
- Has a complex medical condition (respirator, feeding tube)
- Requires extended recovery time with emergency or intensive level of care needed
- Is unable to tolerate intensity of inpatient rehabilitation

**Outpatient Therapy Services**
- May need supervision for a few hours per day
- Able to arrange transportation to therapy services, with or without assistance
- Needs periodic assistance for personal care and daily living activities

**Independent Living**
- Requires no supervision, or the need for therapy and rehabilitation not identified
- Ability to live independently
- Requires medication management by others
- Maintains healthy interpersonal relationships with family, friends and peers
- Participates in organized activities
- Benefits from personal relationships

**Long-Term Care**
- Requires limited rehabilitation or therapy, or the need for therapy and rehabilitation not identified
- Able and willing to tolerate, participate, comprehend and benefit from 3 hours of therapy, 5 days per week
- Is expected to make significant functional improvements in short time period (2–3 weeks)

**Moderate to Severe Brain Injury**
- Healing is ahead.

<table>
<thead>
<tr>
<th>EMERGENCY DEPARTMENT/ICU/ACUTE HOSPITAL</th>
<th>COMMUNITY PARTICIPATION</th>
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<tbody>
<tr>
<td>MEDICAL &amp; REHABILITATION SERVICES</td>
<td>COMMUNITY BASED SERVICES</td>
</tr>
<tr>
<td>HOSPITALS</td>
<td>EDUCATION</td>
</tr>
<tr>
<td>Home Healthcare Support</td>
<td>Support</td>
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<tr>
<td>May need supervision or services available 24/7</td>
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<tr>
<td>Requires in-home nursing or therapy services</td>
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<tr>
<td>Needs frequent assistance for personal care and activities of daily living</td>
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<tr>
<td>Inpatient Rehabilitation</td>
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<td>Is medically stable, requires 24-hour medical care available</td>
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<tr>
<td>Requires 2 of 3 therapies (occupational, physical, speech)</td>
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<tr>
<td>Is able and willing to tolerate, participate, comprehend and benefit from 3 hours of therapy, 5 days per week</td>
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<tr>
<td>Is expected to make significant functional improvements in short time period (2–3 weeks)</td>
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<td>Specialty Care</td>
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<td>Exhibits at-risk behavior or has severe mental health condition</td>
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<td>Requires attention to the condition to enhance effectiveness of brain injury recovery therapies</td>
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<tr>
<td>Follows direction for specialty care treatment and therapy participation</td>
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<tr>
<td>Is medically stable, requires 24-hour medical care available</td>
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</tbody>
</table>

**Temperature**
- Is medically stable and likely to make functional improvements from at least one therapy (occupational, physical, speech)
- Follows therapy directions

**OUTPATIENT THERAPY**
- Comprehends and follows verbal prompts
- Shares preferences to develop self-advocacy skills
- Is willing to participate in support, education and trainings to improve abilities, control and skills for daily living activities

**COMMUNITY PARTICIPATION**
- Personal/Family Home
  - Requires personal care needs and completes them on their own or with verbal prompts
  - Participates in home living responsibilities
- Resident/Community
  - Benefits from medication management by others
  - Is willing to participate in organized activities
  - Participates in home living responsibilities

**RECOVERY**
- Education and skill development
- Self-advocacy
- Independent living
- Participation in activities
- Benefits from medication management by others

**WORK/SCHOOL/FARM**
- Comprehends and performs required tasks, with or without accommodations
- Interacts with others using socially-accepted words, gestures and practices
- Controls anger, behavior and negative emotions
- Recognizes abilities, limitations and fatigue triggers
- Self-advocates for accommodations or adaptations for success

**PLAY**
- Maintains healthy interpersonal relationships with family, friends and peers
- Recognizes current abilities and fatigue triggers for safe participation in activities
- Self-advocates for participation with reasonable accommodations or adaptations
- Identifies and pursues activities of interest in the community

**This information does not replace medical care, specialist advice or community supports. Consult care providers regarding your specific situation and needs.**