80% Currently experiencing at least one barrier to accessing TBI supports and services

55% Identified at least one unmet financial management need

Top need:

Budgeting

Top Barriers:
- Unaware of services & resources
- Difficulty understanding process or paperwork
- Inability to pay for needed services
- Lack of transportation

Most frequently identified unmet recreation services / access needs
- Social
- Physical
- Transportation to activities
- Life skills / community integration
- Sports
- Nature

“The fact I am unable to drive myself where I need / want to go. I do have people I can ask, however it’s more of a pride thing. I already have unsettling feelings about being a bother to my family and others in my life…”

73% Identified at least one unmet information and referral need
85% Identified at least one unmet continuing education need

51% Aging with brain injury

Over 1/3
- Coping / adjustments to living with TBI
- Changes in relationships
- Ongoing care / support
- Managing behaviors
- Mental health challenges

Support Group Attendance Frequency

- Never
- < 6x / year
- 6-12x / year
- Monthly
- Weekly

Reasons for not attending:
- No support groups held in respondents’ area
- Inconvenient meeting times
- Transportation challenges
- Lack of awareness about support groups

43% Do not currently have a service coordinator

- 45% do not know how to get one
- About 25% do not want / need one

“We need [support] groups that navigate and push one another over the battles.”

Over 1/3 of respondents indicated needs not being met.

This project was supported, in part by grant number 90TBSG0040-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Conducted by the University of Missouri-Kansas City Institute for Human Development, in partnership with the Missouri Department of Health and Senior Services and the Brain Injury Association of Missouri. For more information, contact Kelli Barton: bartonkn@umkc.edu

Local information and resources:
- https://health.mo.gov/living/healthcondiseases/tbi/
- https://www.biamo.org/