

Brain Injury Providers

BEECHWOOD NEUROREHAB – LANGHORN, PA
(860) 442-4363
beechwoodneurorehab.org

BRYN MAWR REHABILITATION – MALVERN PA
(484) 596-5400
mainlinehealth.org/locations/bryn-mawr-rehab-hospital

GOOD SHEPHERD PENN PARTNERS – PHILADELPHIA, PA
(877) 969-7342
pennpartners.org

MAGEE REHABILITATION – PHILADELPHIA, PA
(215) 587-3000 / (800) 966-2433
mageerehab.jeffersonhealth.org

MOSS REHABILITATION – ELKINS PARK, PA
(800) CALL-MOSS
mossrehab.com

REMED – PAOLI, PA
(484) 595-9300 / (800) 847-3633
remed.com or via email at info@ReMed.com

SUCCESS REHABILITATION, INC – QUAKERTOWN, PA
(215) 538-3488
www.successrehab.com

Funding Information & Resources

PA DEPARTMENT OF HEALTH – (717) 772-2762
health.pa.gov/Pages/default.aspx

The PA DOH provides time-limited head injury rehabilitation services for those who are eligible. They sponsor a PA Brain Injury Help Line to link individuals with services and support groups in the Commonwealth – call (866) 412-4755.

PA STATE MEDICAID WAIVER PROGRAM (DEPT. OF HUMAN SERVICES) – (877) 550-4227
expressforms.pa.gov/apps/pa/DHS/Feed-back

PA DHS provides Home & Community Based Services, also known as Waiver services, to eligible individuals to help them remain in their homes and communities. Individuals with acquired brain injuries may be eligible for these services.

PA OFFICE OF VOCATIONAL REHABILITATION
dli.pa.gov/Individuals/Disability-Services/ovr/Pages/default.aspx
State Vocational Rehabilitation programs assist eligible individuals with disabilities to prepare for, obtain or maintain employment

To find on office near you:
dli.pa.gov/Individuals/Disability-Services/ovr/Pages/OVR-Office-Directory.aspx

Mild Brain Injury **Concussion**

The event occurs (i.e. crash, injury, medical issue, etc.). You are seen by a doctor and the brain injury is: diagnosed, undiagnosed, misdiagnosed. You receive treatment based off of your diagnosis. Individuals with a mild brain injury are typically seen in an emergency department or urgent care and then discharged to home.

Home

- No follow-up assessment is prescribed

What to Do After a Concussion

1. Remove risky activities to your brain until you are healed

- a. Do not participate in any activity risking further injury
- b. Reduce as much stress as possible on your brain

2. Get evaluated by a primary care provider or at a local concussion center

3. Rest

- a. Avoid strenuous exercise
- b. Limit screen time
- c. Get appropriate sleep under consultation with your doctor
- d. Avoid invasive stimuli (i.e. loud noises, bright lights, etc.)
- e. Monitor your symptoms, record it in a journal, and talk to your doctor if they worsen

CONCUSSION CENTERS IN PHILADELPHIA

- **The Philadelphia Concussion Center at Magee – (855) 587-2724**
mageerehab.jeffersonhealth.org/rehab-services/outpatient-and-specialties/philadelphia-concussion-center/
- **Penn Concussion Clinic – (215) 316-5131**
pennmedicine.org/practices/concussion-clinic
- **Drucker Brain Injury Center at MossRehab – (215) 663-6477**
mossrehab.com/concussion-center
- **Bryn Mawr Rehab Concussion Center – (484) 596-5000**
mainlinehealth.org/specialties/rehab-concussion-program
- **Rothman Concussion Network – (267) 463-2300**
rothmanconcussion.com
- **Children’s Hospital of Philadelphia (CHOP) – (215) 590-6919**
chop.edu/conditions-diseases/concussion

Tips Toward Adapting to Life with Brain Injury

SELF-CARE

- **Get enough/regular sleep**
 - Our mood and cognition are heavily dependent on our sleep
 - Regular sleep is critical to our physical, cognitive, and mental health
 - Go to bed and wake up at the same time you typically do even if you do not need to
- **Rest when needed – do not push yourself**
 - Be aware of cognitive fatigue
 - It is okay to take breaks and rest your mind
 - Think of your brain like a battery – sometimes it needs to be recharged
- **Keep up with exercise**
 - Light walking to more strenuous exercise is a great way to get in a routine and enrich your health
 - Any movement and activity helps!
- **Be outside on nice days and get fresh air**
 - Sit out on a deck, patio, bench, or other outdoor location away from others
 - Breathe in the fresh air and try some relaxing exercises
- **Have time scheduled for fun activities**
 - Having time to do things you enjoy can be difficult
 - Have a scheduled slot in your day for a special activity you enjoy
- **Avoid “Should’s”**
 - Having a brain injury makes a lot of people feel guilty that they cannot do things they used to do
 - Sometimes people feel they SHOULD be at a certain place or SHOULD be doing something
 - However, a brain injury is complicated and there is no direct roadmap to what is normal and abnormal for you
- **Join a support group**
- **Participate in recommended therapies**
- **Seek and follow medical recommendations including medications**

LIMIT SCREEN TIME

- **Keep the brightness to a limit**
 - Brightness drains your battery and can lead to headaches
- **Limit screen time before bed**
 - Screen time (e.g. phone and TV) have been shown to hurt sleep health
- **Put on blue light blockers or use blue light-blocking glasses**
 - These can be helpful in filtering out bad light that may lead to sleeplessness, headaches, and strain on your eyes

Tips Toward Adapting to Life with Brain Injury

- **Utilize relaxation strategies**
- **Play peaceful music**
- **Engage in mindfulness**

STRETCH

- **Do progressive muscle relaxation**
- **Engage in deep breathing**
- **Try a guided meditation**

KEEP YOURSELF ENGAGED FROM HOME

- **Take a virtual tour**
 - Museums and zoos are doing virtual tours of their locations right now for free
- **Exercise your brain through cognitive-enriching activity**
 - Keep up with work around the house, play games, or keep thinking
- **Utilize YouTube to see the world**
 - Have you ever wanted to travel somewhere or see the wonders of the world? There are several videos on YouTube which can tour you around many locations you may want to see
- **Online support groups**
 - Brain Injury Support Groups
 - Addiction Support Groups
- **Utilize an activity resource book**
 - Coloring
 - Word searches
 - Crossword puzzles
 - Yoga
 - Hangman

COVID-19 Resources. (2020, December 04). Retrieved December 10, 2020, from <http://covid.reciteme.com/biausa-resources/>

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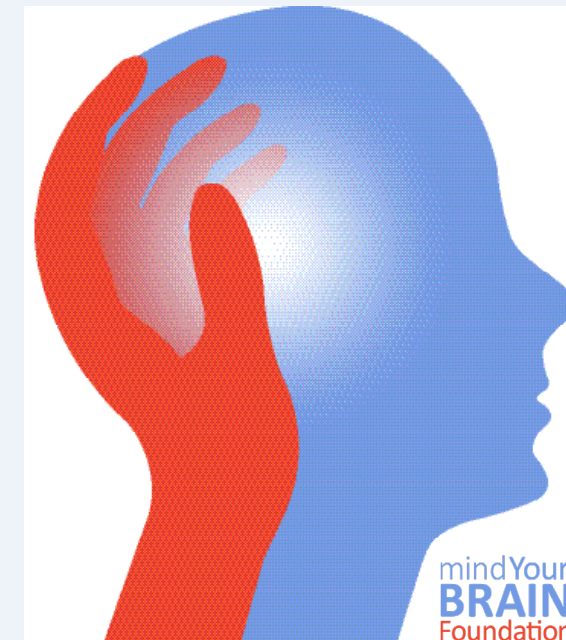
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ROAD MAP TO BRAIN INJURY RECOVERY

BRAIN INJURY CHANGES LIFE IN AN INSTANT. THE ROAD TO RECOVERY CAN BE CHALLENGING AND LIFELONG.



HELP IS AVAILABLE. HOPE IS ESSENTIAL. RECOVERY IS AHEAD.

Mind Your Brain Foundation
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Paoli, PA 19301 USA

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ROAD MAP TO BRAIN INJURY RECOVERY

Although every brain injury is different, being aware of level-of-care options based on the abilities and cognition of the injured person, will help prepare you and loved ones for decisions related to brain injury. This knowledge will provide help, offer hope and lead to healing. Life with 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.

MEDICAL & REHABILITATION SERVICES

Acute Inpatient Treatment

- Can occur in the emergency room, ICU, acute hospital, or rehab facility
- Is used to treat the immediate condition and make the individual stable
- Will unlikely stay in inpatient care for long before being relocated

Skilled Nursing

- Occurs when an individual is unable to care for their own basic needs
- Consists of round-the-clock observation from trained nursing staff
- Typically will participate in a week of therapy (physical, occupational, speech therapy) with goals of meeting basic functional needs on their own

Hospitals

Long-Term Acute Care

- Typically reserved for individuals who have a long-term care need alongside their injury such as a breathing tube or feeding tube
- Typically reserved for individuals who need the longest recovery time and most intensive care
- Typically is less intensive than inpatient rehabilitation

Inpatient Rehabilitation

- 24-hour medical care is available
- Individuals are typically medically stable and able to take part in more intensive therapy than individuals in long-term acute care
- Typically involves a combination of physical, occupational, and speech therapy lasting about 3-5 hours per day, 5 days per week
- Can include other services as well (i.e. psychology and nutrition)
- The primary goal is to make significant functional improvements in a short period of time (2-3 weeks)

Specialty Care

- Treatment coincides with attention to specific co-existing issues, often times mental health concerns
- Requires treatment of behavior or mental health condition to enhance effectiveness of brain injury recovery therapies
- Typically reserved for individuals who are medically stable and somewhat functionally independent

Home

Home Healthcare Support

- Used for individuals who require in-home nursing and therapy services
- Services of a trained professional to assist with functional requirements of the individual
- Can be part-time or round-the-clock care

Outpatient Therapy Services

- Used for individuals needing supervision 1-2 times per week for each discipline
- Able to arrange therapy services and some care needs for patients to have the expertise of the therapists along with special equipment that can really help someone progress in their recovery.
- Still requires some periodic assistance with personal care and activities of daily living

Independent Living

- Used for individuals who require little to no supervision
- Needs minimal to no assistance with personal care needs or activities of daily living
- The need for outpatient therapy or rehabilitation is decreased or not needed at all

The Brain Injury Association of Pennsylvania (BIAPA.org) offers support through the Brain Injury Resource Line.

If you or someone you know has concerns or questions about brain injury or needs resource information, please contact the Brain Injury Resource Line (BIRL) at (800) 444-6443.

The information contained in this pamphlet is provided for informational purposes only and does not constitute or replace medical care, specialist advice or community supports. Consult care providers regarding your specific situation and needs.

TRANSITIONAL SERVICES

Outpatient Therapy

- Typically reserved for medically-stable individuals
- Aimed at making functional improvements in the individual's daily living
- Follows therapy directions
- Common forms of outpatient therapy include:

Physical Therapy (PT)

- Uses exercise and education to treat various issues such as physical pain or movement/physical impairments resulting from injury, trauma, or illness
- PT management commonly includes prescription of or assistance with specific exercises, manual therapy and manipulation, mechanical devices, education, electrophysical modalities and other interventions
- It can also be precautionary to help address individuals at risk for mobility issues before they occur

Occupational Therapy (OT)

- Focuses on assessment and intervention to develop, recover, or maintain the meaningful activities, or occupations, of individuals, groups, or communities
- Helps individuals achieve meaningful activities used to occupy one's time such as activities of daily living, instrumental activities of daily living, work, educational attainment, leisure activity, and social engagement

Speech Therapy

- Uses assessment and treatment when working with communication problems and speech disorders
- May involve articulation therapy, language intervention activities, treatment for swallowing disorders, and others depending on the type of disorder or injury
- May also focus on cognitive challenges associated with head injury such as problem solving, memory, organization, and other activities geared at improving cognitive communication
- May also involve conversational tactics to improve social communication, breathing exercises, and strengthening oral muscles

COMMUNITY-BASED SERVICES

- Helps develop self-advocacy skills
- Provides support to improve activities of daily living
- Based off the principles of:
 - Education
 - Help
 - Hope
 - Determination
 - Knowledge
 - Providing resources

COMMUNITY PARTICIPATION

Everyday Life

Personal/Family Home

- Shows an ability to safely perform activities of daily living independently or with supports outlined earlier
- Individuals have an awareness of personal care needs and can complete them within the realm of their functional abilities
- Individuals have enough behavioral control and emotional stability to not pose any threat to themselves or the community

Residential Community

- Individuals may have medication management by others
- May involve a series of organized activities
- Participates in home living responsibilities

Work and School

- Individuals are able to comprehend and perform educational or work tasks either independently or with accommodations
- Involves interaction with others in an appropriate way
- Individuals typically have good control of their anger and emotions
- Individuals have a good awareness of their own abilities and limitations
- Individual is able to advocate for and utilize accommodations and adaptations in order to succeed

Leisure

- Individuals maintain healthy social relationships
- Have an awareness of their abilities and limitations regarding social and leisure participation
- Individual is able to self-advocate for any accommodations that can aid in their success of activities
- Individual is able to identify and participate in activities of interest in the community

Moderate to Severe Brain Injury

EMERGENCY DEPARTMENT, ICU, ACUTE HOSPITAL

UNCERTAINTY AND QUESTIONS

THE MAJOR EVENT Life with brain injury starts here: The event occurs (i.e. crash, injury, medical issue, etc.). You are seen by a doctor and the brain injury is: diagnosed, undiagnosed, misdiagnosed, you receive treatment based off of your diagnosis.