

TBI Helpful Resources

Below are links to web pages that provide helpful resources and information related to traumatic brain injury. Click on each web page header for TBI resources.



[Rehabilitation Staff Have a Good General Understanding of Concussion, but Could Benefit from Learning More](#)



[For lower-income families dealing with childhood TBI, a web-based parent training program shows promise](#)



http://search.naric.com/research/redesign_results.cfm?search=2&type=all&phrase=no&criteria=TBI



[Hot Topic Module: Traumatic Brain Injury and Depression](#)

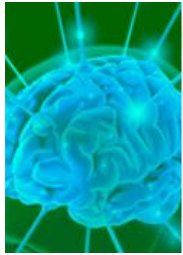


[Search TTAC Online and Virginia Family website for TBI Resources.](#)



[Welcome to the Traumatic Brain Injury Model Systems](#)

TBI InfoComics work to educate and inform about common symptoms of Traumatic Brain Injury, and ways to manage them.



COLORADO KIDS Brain Injury Resource Network



Why helmets don't prevent concussions

TED Ideas worth spreading

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David Camarillo:

Why helmets don't prevent concussions — and what might

TEDxStanford • 15:56 • Filmed Apr 2016

2 subtitle languages

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Kim Gorgens: Protecting the brain against concussion

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Returning to School after Traumatic Brain Injury

Traumatic Brain Injury Model System Consumer Information

Virginia Commonwealth University
Box 800542
Richmond, VA 23298
804-828-3754
jmcarr@vcu.edu
www.tbimr.vcu.edu

Parental involvement is critical when a young person is returning to school after a traumatic brain injury (TBI). Parents have the most knowledge about their child and are deeply invested in their daughter's or son's well-being and future. Often parents become advocates to ensure that all essential supports are in place to enhance their child's successful return to school. Parents may also be a go-between to make sure all the necessary medical information has been provided so the school can design the best plan for the student. If the student is close to exiting school, vocational rehabilitation professionals may also be involved.

How does TBI affect students?

- The effects of TBI vary greatly from student to student; no two will be alike.
- Sometimes the effects of a brain injury are not obvious at first but become more noticeable later when thinking and social activities increase at school.
- Some examples of changes that may occur after a person has sustained a TBI are:
 - Physical changes: tiredness; lack of interest; headaches; awkward movements; slowed reactions; heightened sensitivity to light or noise.
 - Cognitive (thinking) changes: forgetfulness; difficulty learning new material; word-finding difficulties; problems with organizing materials; easily distracted.
 - Emotional changes: unable to deal with minor changes in the environment or daily routine; little or no expressed emotion; depression.
 - Behavioral changes: irritability; inability to deal with unexpected event

Planning to return to school

Much of the frustration and confusion related to returning to school can be avoided with proper planning. Rehabilitation professionals should communicate with family members and school personnel to help find the most effective ways to help the student return. This communication may need to be initiated by the student's family.

School personnel should be contacted as soon as possible after the injury to plan for the student's return to school. School personnel can also connect the student with services they need while they are not in school.

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Parenting for Adults with Traumatic Brain Injury
KACEY LITTLE MAESTAS, PH.D AND ANGELLE M. SANDER, PH.D

INTRODUCTION
Parenting can be challenging for anyone. Unfortunately, the problems that happen after traumatic brain injury (TBI) can make parenting even more of a challenge. In this brochure we describe how TBI can affect parenting. Next we discuss some of common challenges faced by parents with TBI. We also offer some suggestions or tips to help parents deal with these challenges. Lastly, we include information and resources about where to go for more help.

IF YOU ARE EXPERIENCING ANY CHALLENGES WITH PARENTING, KNOW THAT YOU ARE NOT ALONE. WE HOPE THAT THIS INFORMATION WILL HELP YOU BECOME MORE CONFIDENT AND SATISFIED WITH THE IMPORTANT JOB OF RAISING YOUR CHILDREN.

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TBI TODAY

News, Ideas, and Resources from the Virginia TBI Model System

THE VIRGINIA TBIMS TEAM
EDITOR: Matthew Wetzel, B.S.
PRINCIPAL INVESTIGATOR AND PROJECT DIRECTOR—RESEARCH: Jeffrey Houtzler, Ph.D.
CO-PRINCIPAL INVESTIGATOR: David Cole, M.D.
PROJECT COORDINATOR: Jenny Moravitz, M.A.
PROJECT COORDINATOR—COUPLES RESEARCH: Emilee Godwin, Ph.D.
MEDICAL WRITER: William Walker, M.D.
INTEREST GROUP: Adam Stone, Ph.D.
DISTRIBUTION COORDINATOR: Kelli Gary, Ph.D.
PERSONAL EVALUATOR: Jeong Han Kim, Ph.D.
RESEARCH ASSOCIATES: Matthew Wetzel, B.S., Nancy You, Ph.D., Megan Caserio, M.P.H., Madelynn Mosbach, M.S.

DIRECT CORRESPONDENCE TO: Matthew Wetzel, P.O. Box 80562, Richmond, VA 23298-0562 (804) 623-3762 (Email: mwetzel@vcu.edu)

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Understanding TBI and PTSD

by Drs. Emilee Godwin and Nancy Hsu

People often wonder if a person can have both a Traumatic Brain Injury (TBI) and also suffer from Post-Traumatic Stress Disorder (PTSD). Not only is it possible, but it is somewhat common.

Although many people believe that PTSD is something only experienced by combat veterans, in reality it can occur following any trauma where a person believes that there is an immediate threat of harm, injury, or death. The U.S. Dept. of Veterans Affairs estimates PTSD has a lifetime prevalence rate of 8.7% (ptsd.va.gov). This means that about 9 out of every 100 people in the population will meet the criteria for PTSD at some point in their lifetime. On the other hand, current studies suggest that about one out of six people with TBI will experience PTSD after their injury (cdc, Granacher, 2008). Therefore, it is not only possible for survivors to struggle with PTSD, it is somewhat likely.

Although PTSD is a relatively common occurrence after brain injury, it often goes undiagnosed. When this happens, both patients and their families may spend months or even years without understanding how PTSD affects recovery from TBI. Additionally, because there are many TBI and PTSD symptoms that overlap with one another, survivors with a history of undiagnosed PTSD commonly report having been told that their TBI symptoms are "more severe than they should be" or are "lasting longer than they should". This can cause great distress for survivors and family members alike. It may also leave them feeling confused, criticized, and powerless to make changes in their lives. (Cont'd. on p.6)

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