

Do you notice changes in your...

- Appetite
- Ability to taste or smell
- Hearing
- Body temperature (feel too hot or too cold-or don't feel temperature at all)
- Vision (blurry, seeing double, hard to focus)
- Swallowing

Are you bothered by...

- Smells
- Sounds or ringing in your ears
- Noises, even normal background noise
- Light

Do you have sleep problems...

- Can't sleep through the night
- Sleep too much
- Your days and nights get mixed up
- Trouble falling asleep



ASK FOR HELP

Traumatic & Acquired Brain Injury (TABI) Resource Facilitators & their regions

- **Access Alaska*** support Anchorage (907-248-4777), Mat-Su (907-357-2588), & Fairbanks (907-479-7940) info@accessalaska.org • AccessAlaska.org
 - **Daybreak*** Anchorage & the Mat-Su Valley: 907-746-6019 contact@daybreakmhsc.com • Daybreakmhsc.com
 - **Independent Living Center (ILC)** Gulf Coast Region: 907-235-7911 • PeninsulaILC.org
 - **Maniilaq Association** Northwest: 907-442-7887 • Maniilaq.org
 - **Southeast Alaska Independent Living (SAIL)*** Southeast: 800-478-7245, info@sailinc.org • SAILinc.org
- *Also offers brain injury support groups*

Help finding a medical provider

- Concussion Legacy Foundation Helpline: CLFHelpline.org

Education and resources

- **Aging & Disability Resource Center:** 855-565-2017
- **Alaska Brain Bus:** AlaskaBrainBus.com
- **Brain Injury Association of Alaska:** 907-274-2824 • biaak.org
- **Traumatic Brain Injury Center of Excellence:** Health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence
- **Brain Line:** BrainLine.org
- **Brain Matters AK:** BrainMattersAK.com

YOUR NOTES



Brain Injury Council of Alaska (BICA)

Don't forget about your brain!



Brain injuries happen...

- Aneurysm
- Brain diseases
- Brain tumor
- Head injury
- Hypoxia & Anoxia
- Stroke
- Substance Abuse / Overdose

Many people whose brains are injured get well and have no long-term problems. Some people have problems that may not be noticed right away. You may notice changes in yourself that concern you.

You do not need to lose consciousness (black out) to have a brain injury. If you have had a concussion, you have had a brain injury.

GO TO THE "ASK FOR HELP" SECTION IF:

- You have any of the problems listed in this brochure, **and they don't go away.**
- Your brain was hurt a long time ago, **and you still have any of these problems.**

If your brain has been hurt and you have any of these problems, see your doctor right away or go to the emergency room:

- Severe headache that does not go away or get better
- Seizures: eyes fluttering, body going stiff, staring into space
- Forgetting everything, amnesia
- Hands shake, tremors, muscles get weak, loss of muscle tone
- Nausea or vomiting that returns

Behaviors and Feelings

LOOK FOR CHANGES IN YOUR BEHAVIOR AND FEELINGS

Check **ALL** the changes you notice in the list below:

Are you more...

- Moody, irritable, or anxious
- Easily upset or frustrated
- Sad or depressed
- Tired or drowsy or fatigued
- Sensitive to drugs or alcohol

Do you do these things more often...

- Overreact
- Cry or laugh too easily
- Trip, fall, or drop things
- Blame others or feel afraid of them
- Avoid other people
- Take risks without thinking first
- Use more alcohol or drugs

Do you have problems with your relationships...

- Knowing how to act with people
- Fighting with your spouse, family, or friends
- Feeling isolated from others
- Losing your job

Your Thinking

LOOK FOR CHANGES IN YOUR THINKING

Check **ALL** the changes you notice in the list below:

Since your brain was injured, is it harder than it used to be to...

- Get started
- Remember things
- Stay focused
- Understand what people mean
- Make decisions
- Get organized or get things done
- Do things on time
- Pay bills

Do you notice that you...

- Think about the same thing over and over
- Think or react more slowly than before
- Get confused easily

Do you sometimes think you've lost your...

- Common sense
- Sense of humor
- Sense of direction

Communicating with Others

LOOK FOR CHANGES IN COMMUNICATING WITH OTHERS

Check **ALL** the changes you notice in the list below:

Since your brain was injured, do you have more trouble...

- Thinking of the right word
- Listening or paying attention
- Having a long conversation
- Reading

Do you notice that you...

- Talk too much
- Change the subject a lot
- Know what you want to say, but can't say it
- Can't make a decision

Changes in Your Body

LOOK FOR CHANGES IN YOUR BODY

Check **ALL** the changes you notice in the list below:

Since your brain was injured, do you have pain...

- Headaches that keep coming back
- Pain in your head bone or muscle
- Pain below your ear or in your jaw
- Pain in or around your eyes
- Neck and shoulder pain that happens a lot

Do you have balance problems...

- Dizziness or vertigo
- Losing your balance