



Brain Injury Association of Florida, Inc. Walking Buddies Project

Mission Statement

The mission of Brain Injury Association of Florida, Inc. is to reduce the number of brain injuries occurring among Floridians over the age of 60.

Overarching Goal

The purpose of the program is to increase awareness about traumatic brain injury in students and seniors.

Overarching Objective

To provide a broad-based community traumatic brain injury awareness program that promotes fall prevention and good health through walking, provides opportunities for intergenerational relationships, and provides injury prevention and evaluation training for students.

Learner Objectives

- The participants will be able to identify 2 ways in which to prevent falls that may result in TBI.
- The participants will be able to identify the top reason for traumatic brain injury (TBI).
- The participants will be able to identify that prevention is the only “cure” for TBI.
- The participants will be able to correctly identify more answers on the post test than the pre test concerning traumatic brain injury.

Behavioral Objectives

- Among participants in this program, 90 % will increase their incidence of walking.
- Among participants in this program, 90 % of the students will increase their interaction with seniors.
- Among participants in this program, 70 % will take at least two steps on the checklist provided.
- Among participants in this program, 90% will increase their knowledge of traumatic brain injury, intergenerational relations, and injury prevention as demonstrated through pre and post test results.