

What Is Traumatic Brain Injury (TBI)?

TBI is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. It can result in an altered state of consciousness, as well as physical, sensory, cognitive or behavioral problems. There are more cases of brain injury than HIV, breast cancer and spinal cord injuries combined. TBI can happen to anyone, anytime, anywhere. It does not discriminate.

The severity of TBI may range from “mild,” a brief change in mental status or consciousness, to “severe,” an extended period of unconsciousness or amnesia after the injury. A TBI can result in short- or long-term problems. There are three categories

of TBI that are thought to predict outcomes for the individual. However, new research has shown that even mild and moderate injuries to the brain can result in serious, long-term consequences.

Mild (Concussion)

- Loss of consciousness (from seconds up to 30 minutes)
- Post-traumatic amnesia (less than 24 hours)

Moderate

- Loss of consciousness (minutes to a few hours), followed by days or weeks of post-traumatic amnesia

Severe

- Comatose state for days, weeks or longer

Causes of TBI

Nearly 214,000 people are living with the long-term effects of TBI in the state of Florida. The leading causes of injury include: falls, motor vehicle accidents and assaults. Children 0-4 years of age, young adults 15-24 years of age, and the elderly (65+ years) are at greatest risk for sustaining a TBI. Males are nearly 1.3 times more likely to sustain a TBI than females.

Consequences of TBI

TBI can cause a wide range of changes in a person’s short-term and long-term function. Changes may occur in a person’s physical, cognitive, psychological and/or social functioning. TBI can affect one’s ability to walk, speak, pay attention, remember, manage stress, control one’s temper and organize thoughts. Often symptoms of TBI are misunderstood as behavioral or psychological problems. The long-term consequences of TBI can have life-long impact on those who survive, their families and communities.

Physical Consequences

- Paralysis
- Issues with muscle coordination
- Inability to perform purposeful movements
- Double vision or blindness
- Loss of taste or smell
- Slowness or difficulty with speech
- Headaches
- Seizures

Cognitive Issues

- Attention/concentration
- Memory
- Recognition of limitations
- Organizational or planning skills
- Judgment

Psychosocial Issues

- Loss of social networks and supports
- Loss of job or income
- Changes in living arrangements
- Anxiety
- Isolation
- Depression

Surviving to Thriving!

214,000
Living with TBI



Services and Support Needs

Individuals living with TBI and their families have identified key services and supports necessary to help them reach their fullest potential:

- Cognitive rehabilitation
- Case management
- Caregiver and community support
- Housing and residential treatment facilities
- Employment services
- Day treatment and day activities
- Adaptive/cognitive technology
- Transportation
- Alcohol and other drug treatment
- Education and transition planning
- Mental health counseling

Supporting Florida's Individuals with TBI and Their Families

Brain Injury Association of Florida

Brain Injury Association of Florida (BIAF) is Florida's only statewide non-profit organization dedicated to individuals who have survived a brain injury and their families. Founded in 1985 by the mother of a young man who sustained a traumatic brain injury (TBI) from a motor vehicle crash, BIAF's mission is to "improve the quality of life for all persons with brain injury and their families by creating a better future through brain injury awareness, prevention, research, education, support services and advocacy." BIAF is an official affiliate of Brain Injury Association of America. All resources are provided free of charge to persons with brain injury and their families. A service of BIAF is the Traumatic Brain Injury Resource and Support Center (TBIRSC). TBIRSC provides a web-based portal containing thousands of important brain injury resources. Certified brain injury resource coordinators answer the center's toll free helpline and are located in communities

throughout the state. They help survivors of brain injury and their families remain in their homes and communities by accessing critical resources for health care, financial stability, work, school and socialization.

Services:

- Toll-free help line
- Web-based portal of brain injury information and resources
- Certified brain injury professionals in local communities
- Education and training programs
- Individual advocacy
- Brain injury support groups

Executive Office:

1637 Metropolitan Boulevard, Suite B
Tallahassee, Florida 32308
Phone: (850) 410-0103
Fax: (850) 410-0105

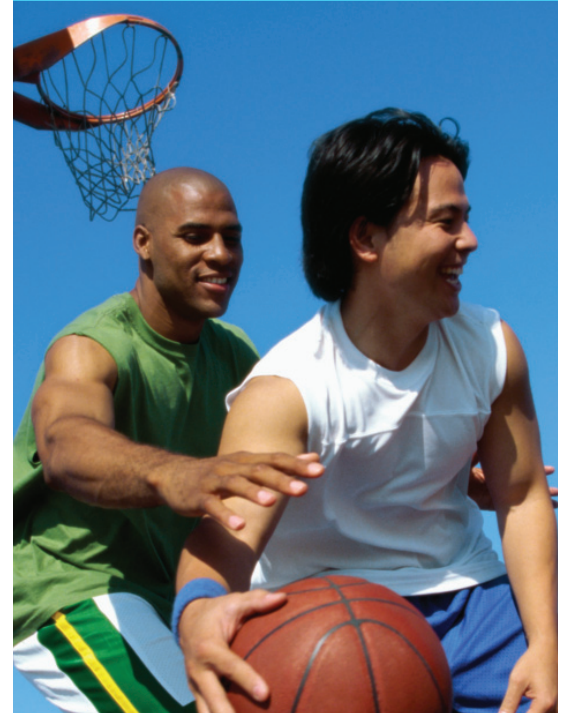
Traumatic Brain Injury Resource and Support Center

Toll-Free Helpline: 1-800-992-3442

www.ByYourSide.org

Surviving to Thriving!

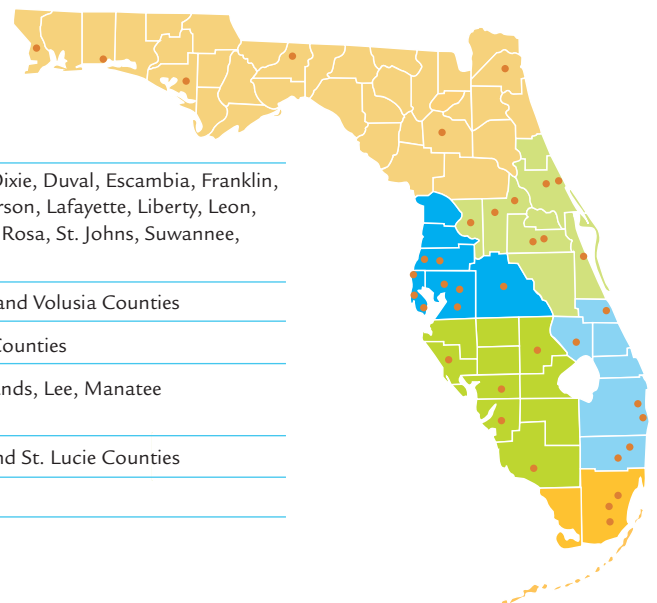
214,000 Living with TBI



BIAF Offices, Regions and Support Groups

Tallahassee	Alachua, Baker, Bay, Bradford, Calhoun, Clay, Columbia, Dixie, Duval, Escambia, Franklin, Gadsden, Gilchrist, Gulf, Hamilton, Holmes, Jackson, Jefferson, Lafayette, Liberty, Leon, Levy, Madison, Marion, Nassau, Okaloosa, Putnam, Santa Rosa, St. Johns, Suwannee, Taylor, Union, Wakulla, Walton and Washington Counties
Orlando	Brevard, Flagler, Lake, Orange, Osceola, Seminole, Sumter and Volusia Counties
Tampa	Citrus, Hernando, Hillsborough, Pasco, Pinellas and Polk Counties
Sarasota	Charlotte, Collier, DeSoto, Glades, Hardee, Hendry, Highlands, Lee, Manatee and Sarasota Counties
Deerfield Beach	Broward, Indian River, Martin, Okeechobee, Palm Beach and St. Lucie Counties
Miami	Dade and Monroe Counties

● Support groups



**Traumatic Brain Injury
Resource and Support Center**
A service of Brain Injury Association of Florida, Inc.

**Sponsored by Brain Injury Association of Florida
and the State of Florida Department of Health**