Recovery & Rehabilitation Resources

Brain Injury Association of Missouri
Help and hope to create a quality life with brain injury through:

- Support
- Service Networks
- Education
- Survivor & Family Network
- Professional Conference
- Concussion Education
- Advocacy
- Prevention of Brain Injury

1-800-444-6443
info@biamo.org
www.BIAMO.org
2265 Schuetz Road
St. Louis, MO 63146

DHSS Adult Brain Injury Program (ABI)
Assistance with locating, coordinating and purchasing rehabilitation and psychological services for individuals, ages 21 to 65, who are living with a traumatic brain injury (TBI).

Missouri Dept. of Health and Senior Services
Adult Brain Injury Program
1-800-451-0669
http://www.health.mo.gov
PT
Jefferson City, MO 65102

Department of Mental Health-Disability of Developmental Disabilities
Brain injury is classified as a developmental disability when it occurs at age 21 or younger. DMH Regional Centers offer:

- Information Specialists
- Assist with Medicaid services.
- Assist with potential services.
- Multiple services.
- Assistive equipment.
- Transition from school to work.
- Vocational Guidance.

1-800-364-9687
déal@dhms.mo.gov
www.dhms.mo.gov
1706 East Elm Street
Jefferson City, MO 65101

Tips Toward Adapting to Life with Brain Injury

Practice a Positive Attitude. Think about happy memories and good qualms when faced with challenges, disappointments and bad news. Say something positive out loud for others to hear and to embrace.

Celebrate Accomplishments. Every small gain matters in the long process of brain injury recovery. Build celebration into every gain of ability or understanding of directions, conversations or surroundings. Embrace new abilities of the person injured.

Never Give Up. Keep trying when guidelines, eligibility and payment sources are barriers to services. Be determined to find services and supports that are appropriate and available for your situation. Prove naysayers wrong.

Plan for the Future. Work with care and community providers to identify potential services early and often throughout your recovery. If one service is not applicable or available, explore other options. Prepare to be flexible. Update care plans as situations and personal abilities change. Set short and long-term obtainable goals – believe in what can be.

Share Your Experiences. Raise awareness about brain injury and its effect on your life. Share your personal story with others living with brain injury, the community and elected officials. Education and advocacy help prevent brain injuries, improve recognition of undiagnosed brain injuries, increase awareness of service gaps and inform brain injury prevention research.

Brain injury recovery will not be easy. Hard work is essential in therapy and during support services. Positive encouragement helps motivate loved ones. Continue learned techniques at home and in the community to enhance physical, cognitive and emotional control gains. Never give up.

Take Care of Yourself. Make time for yourself – every day. Make time to physically and emotionally rest. Let yourself grieve over the loss of personality and abilities of the person you knew before the injury. Maintain healthy self-care of hygiene, nutrition, physical activity and sleep. Embrace love for self, family, and friends as they are today.

Recognize Realities. There is no magic wand for brain injury recovery. The full potential reached may be different for each person injured. Care and community providers use guidelines to determine if their services are applicable to the person injured and payment source. Government programs limit who is eligible and services provided based on funding priorities. There are gaps in services due to guidelines, limits and payment sources.

Tips Toward Help, Hope and Healing

Know You Are Not Alone. Connect with other individuals who truly understand brain injury. Participate in a brain injury support group, contact state and community services for information and support. Help them understand your recovery. Ask care and support providers for clarification. Be persistent to understand.

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RESOURCES

- Support
- Determination
- Help & Hope
- Knowledge

More resources on back

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Life is going to be 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.