Recovery & Rehabilitation Resources

Brain Injury Association of Missouri

Help and hope to create a quality life with brain injury through:
Support | Referral Service, Support Groups
Education | Survivor & Family Seminars, Professional Conference, Concussion Education
Recreation | Survivors Camp, Social Activities
Advocacy | Prevention of Brain Injury, Access to Services

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
PO Box 570
Jefferson City, MO 65102

Department of Mental Health–Division 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 enrollment, condition-specific resources, and educational material.
Support Coordination | Develop plan and help access community, school, residential or direct support resources for individual goals. Available in some Missouri counties.

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

More resources on back

Tips Toward Adapting to Life with Brain Injury

Practice a Positive Attitude. Think about happy memories and good opportunities when faced with challenges, disappointments and bad news. Say something positive out loud for yourself and others to hear – and 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 source are barriers to services. Be determined to find services and supports that are appropriate and available for your situation. Prove naysayers wrong. Keep hope and strength toward your full potential of life with brain injury.

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 survivors and families that help is available.

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. Find people to provide help for hope and opportunities.

Ask Questions. You have the right to understand what is anticipated, recommended and available for your brain injury recovery. Ask care and support providers for clarification. Be persistent to understand.

Keep a Journal. Use words, pictures, drawings, audio or video to record recovery progress each day. Make notes for questions. Reflect on your feelings to emotionally process the situation. Have others involved with care record their observations, feelings and questions.

Work Toward Recovery. 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 brain lobe that was injured, the extent of damage and the prior health of the brain, influence 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.

Community Life Resources

Missouri AgrAbility Project, University of Missouri Extension

Offering solutions to help farmers with disabilities and their families succeed by:
Services Determination | Identifies agencies of eligible services
On-Site Farm or Ranch Assessments | Recommends effective and safe solutions to help overcome limitations
Educational Resources | Provides individualized information to support personalized goals
Peer Support Networks | Connects farmers and ranchers to promote agricultural and rural independence.

1-800-995-8503
AgrAbility@missouri.edu
www.agrability.missouri.edu
University of Missouri—Missouri AgrAbility Project
221 Agricultural Engineering Bldg.
Columbia, MO 65211-5200

Vocational Rehabilitation

Employment and training services for individuals with disabilities to be successfully employed within the community via:
Vocational Guidance and Counseling | Interests, abilities and opportunities assessed
Training | Vocational skills development, job-seeking assistance and keeping a job
Employment | Placement, supported employment and transition from school to work
Rehabilitation Technology | Assistive equipment and technology for employment success

1-877-222-8963
info@vr.dese.mo.gov
www.dese.mo.gov
205 Jefferson St.
Jefferson City, MO 65101

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BRAIN INJURY RECOVERY STEP BY STEP

Brain injury changes life in an instant. The steps to recovery can be challenging and lifelong.

Help is available. Hope is essential. Healing is ahead.

1-800-444-6443
info@biamo.org www.BIAMO.org
2265 Schuetz Road, St. Louis, MO 63146
Facebook.com/BIA.Missouri
Twitter.com/BIA_Missouri

BRAIN INJURY ASSOCIATION OF MISSOURI
1-800-444-6443

BRAIN INJURY RECOVERY–STEP BY STEP

Although every brain injury is 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.

The starting point, specific steps and level of recovery may be different for each person, but this general pathway of information is applicable for children, adults and senior adults.

Life with brain injury starts here: Incident occurs. Brain injury diagnosed, undiagnosed or misdiagnosed. Treatment available, delayed or not a priority. Plus other variables.

MEDICAL & REHABILITATION SERVICES

Moderate to Severe Brain Injury
EMERGENCY DEPARTMENT, ICU, ACUTE HOSPITAL

UNCERTAINTY AND QUESTIONS

SKILLED NURSING
- Is unable to comprehend and perform self-care
- Able to participate in 3 – 5 hours of therapy per week for functional gains or maintenance
- Needs 24-hour nursing staff available

HOSPITALS

Long-Term Acute Care (LTAC)
- Has a complex medical condition (trach, respirator, feeding tube)
- Requires extended recovery time with emergency or intensive level of care needed
- Is unable to tolerate intensity of inpatient rehabilitation

Inpatient Rehabilitation
- Is medically stable, requires 24-hour medical care available
- Requires 2 of 3 therapies (occupational, physical, speech)
- Is able and willing to tolerate, participate, comprehend and benefit from 3 hours of therapy, 5 days per week
- Is expected to make significant functional improvements in short time period (2 – 3 weeks)

Specialty Care
- Exhibits at-risk behavior or has severe mental health condition
- Requires treatment for behavior or mental health condition to enhance effectiveness of brain injury recovery therapies
- Follows directions for specialty care treatment and therapy participation
- Is medically stable, requires 24-hour medical care available

HOME

Home Healthcare Support
- May need supervision or services available 24/7
- Requires in-home nursing or therapy services
- Needs frequent assistance for personal care and activities of daily living

Outpatient Therapy Services
- May need supervision for a few hours per day
- Able to arrange transportation to therapy services, with or without assistance
- Needs periodic assistance for personal care and daily living activities

Independent Living
- Requires no supervision, or the need for supervision not identified
- Needs minimal assistance with personal care and daily living activities
- Requires limited rehabilitation or therapy, or the need for therapy and rehabilitation not identified

TRANSITIONAL SUPPORTS

Education
Help
Hope
Support
Determination
Knowledge
Resources

OUTPATIENT THERAPY
- Is medically stable
- Is likely to make functional improvements from at least one therapy (occupational, physical, speech)
- Follows therapy directions

COMMUNITY BASED SERVICES
- Comprehends and follows verbal prompts
- Shares preferences to develop self-advocacy skills
- Is willing to participate in support, education and trainings to improve abilities, control and skills for daily living activities

Live
Work
Play
Adapt
Courage
Resilience
Education
Support
Resources

COMMUNITY PARTICIPATION

LIVE

Personal/Family Home
- Shows the ability to safely perform and comprehend daily living tasks on own or with natural or contracted supports
- Recognizes personal care needs and completes them on own or with verbal prompts
- Controls behaviors and impulses and does not pose a danger to self or others
- Participates in home living responsibilities

Residential Community
- Benefits from medication management by others
- Is willing to participate in organized activities
- Participates in home living responsibilities

WORK / SCHOOL / FARM
- Comprehends and performs required tasks, with or without accommodations
- Interacts with others using socially-accepted words, gestures and practices
- Controls anger, behavior and negative emotions
- Recognizes abilities, limitations and fatigue triggers
- Self-advocates for accommodations or adaptations for success

PLAY
- Maintains healthy interpersonal relationships with family, friends and peers
- Recognizes current abilities and fatigue triggers for safe participation in activities
- Self-advocates for participation with reasonable accommodations or adaptations
- Identifies and pursues activities of interest in the community

Life is going to be different
based on abilities of the person injured, availability of care and support services, and family and friend relationships.
Help is available. Hope is essential. Healing is ahead.

Mild Brain Injury | EMERGENCY DEPARTMENT/URGENT CARE

HOME
- No follow-up assessment prescribed by medical personnel. Recovery anticipated within a few days to a few weeks
- Recommendation to follow-up with primary care provider about incident, brain injury effects and need for outpatient therapy
- Directive for medical reassessment after 14 days if problems with thinking, behavior or emotions persist or arise

This information does not replace medical care,
specialist advice or community supports. Consult care providers regarding your specific situation and needs.