Program Sessions 2023

8:00 am – 9:15 am  Registration

8:15 am – 9:00 am  **Brain Injury 101**
Pre-seminar session for individuals and families recently impacted by brain injury or years post-injury with unanswered questions.

9:00 am – 9:15 am  Welcome

9:15 am – 10:00 am  **Managing Emotions, Actions and Decisions Following Brain Injury**
Discuss techniques to identify triggers, manage actions, and think-through options to control outbursts, impulses and decisions.

10:00 am – 10:15 am  Break with Exhibitors

10:15 am – 11:00 am  **Balancing Schedules, Demands and Stress of Life with Brain Injury**
Learn ways to manage needs of self and others.

11:00 am – 11:15 am  Break with Exhibitors

11:15 am – 12:00 pm  **Breakout Session**
**On the Road Again - Transportation Options**
Learn what is needed to drive again. Discuss public, private and ride sharing transportation.

**Navigating Medicare, Medicaid, SSI and SSDI**
Learn differences, eligibility and application processes for community support benefits.

12:00 pm – 12:45 pm  Lunch and Visit with Exhibitors

12:45 pm – 1:30 pm  **Embracing Your Future**
Discuss steps toward adjusting to new abilities and life with brain injury.

1:30 pm – 1:45 pm  Break with Exhibitors

1:45 pm – 2:30 pm  **Breakout Session**
**Working with Brain Injury**
Explore ways to find and keep a job you enjoy, secure work accommodations, and have a career while utilizing Social Security Disability.

**Building Relationships and Community Involvement to Reduce Social Isolation**
Discuss ways to build or rebuild positive relationships to participate in activities you enjoy.

2:30 pm – 3:15 pm  **Let’s Talk**
Facilitated discussions to encourage sharing of experiences of life with brain injury. There will be one group for persons with brain injury and one for family and friends.

REGISTRATION INFORMATION ON REVERSE SIDE