



BRAIN INJURY ALLIANCE NKY



SEPTEMBER IS NATIONAL FALLS PREVENTION MONTH

Join us in raising awareness that falls ARE preventable!

Falls are the most frequent cause of TBI in older persons, followed by motor vehicle accidents.

- According to The Brain Injury Guide, two-thirds of those who have experienced one fall will have another fall within 6 months.
- Approximately 60% of falls in older persons happen in the home.
- At least 1/3 of these falls are due to environmental hazards in the home.

Ways to Prevent Falls at Home

- Maintain health: stay active, have eyes and hearing tested, get enough sleep
- Understand side effects of medications
- Replace dim lighting with brighter bulbs and use nightlights at night
- Remove or secure throw rugs
- Add handrails to stairways
- Install raised toilet seats, grab bars, and handrails in your bathroom
- Apply anti-slip stickers to the floor of your tub or shower and/or get a shower chair to sit while showering
- When getting up from lying position, sit at side of bed for a few minutes before standing
- Ask for help when needed

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2022 NKY Brain Injury Conference planning is underway!

We look forward to getting back in-person in 2022 for our annual brain injury conference!

The planning committee will be working hard to coordinate informative topics and professional speakers in effort to deliver a quality and successful conference to NKY. The date is set for March 25th, 2022.



Important Update on the 2021 BIANK Brain Walk:

Due to the increasing spread of the Covid virus, and in conjunction with other healthcare organizations, we have decided to postpone the 2021 Brain Walk. We will plan the walk again when we can safely and successfully gather as a large group. Thank you for the continued support!



After a brain injury, many survivors and their families have to adjust to their new lives by learning about the affects of their injury and how to accommodate their disability. This takes time, patience, and can be challenging.

Self-advocacy involves letting people know what you need and taking action to get those needs met. Here are some helpful tips on how to be a self-advocate:

- **Speak up:** Be included in every decision and involved in every conversation
- **Identify your barriers:** Address concerns with the right people and organizations
- **Seek support:** networks such as support groups and counseling can help manage emotions and provide self-empowerment.
- **Educate yourself:** find classes, clubs, groups, in order to understand your disability and challenges you are facing
- **Have a vision and goals:** When life gives you lemons, make lemonade! Determine new directions and goals.
- **Request necessary accommodations:** at home, work, and in the community.

HEADS UP to Youth Sports: Online Training

Source: Centers for Disease Control and Prevention/HEADS UP

The HEADS UP to Youth Sports: Online Training is available to coaches, parents, sports officials, athletic trainers, and other individuals interested in learning about concussion safety.

We can help athletes stay active and healthy by knowing the facts about concussion and when it is safe for athletes to return to play.

Improve the culture of concussion by informing how you talk about, prevent, and respond to concussions. Your actions can help create a safe environment for young athletes so that they can stay healthy, active, and thrive – both on and off the playing field.

Training can provide information that allows you to:

- Explain what a concussion is and the potential consequences of this injury,
- Identify at least three concussion signs and symptoms,
- Describe the steps for returning to activity (play and school) after a concussion, and
- Create a plan for how to help keep athletes safe from concussion.

Trainings can be accessed at:

www.cdc.gov/headsup/youthsports/training/index.html





BRAIN INJURY DEMANDS GUIDANCE EDUCATION & SUPPORT
Northern Kentucky Brain Injury Support Group



BRIDGES SUPPORT GROUP

FOR BRAIN INJURY SURVIVORS, FAMILY, FRIENDS AND CAREGIVERS

SUPPORT GROUP UPDATE!

Due to increasing Covid risks and restrictions, the meetings will be held virtually until further notice.

If you would like to join via Zoom,
Call: 1-646- 876- 9923
Meeting ID: 899 6737 2449

Please watch for more updates.

For More information:
visit www.biank.org/bridges
Facebook @braininjuryalliancenky
Call 859- 667-2766

**Third Thursdays of each month
6:00pm - 7:30pm:**

- September 16th
- October 21st
- November 18th
- December 3rd (Christmas Party)



Do you have a story to share and like to be apart of this project?
Email Jarred Payne at jwpayne15@gmail.com



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INSTAGRAM**

**SUPPORT BIANK AND
BRIDGES
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KROGER REWARDS
GIVING ASSISTANT
PERSONAL OR CORPORATE
GIVING
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**CONTACT US
WWW.BIANK.ORG
859-379-8230**

**Want to receive our newsletters electronically?
Sign up at www.biank.org**

The BIANK YouTube channel is active! These videos are mainly geared towards the existing brain injury community, but they also seek to be a resource for newer brain injuries too.

Some of the current projects are:

- **Living With Brain Injury Series** – a place where stories (including yours if you want!) can be shared. We love hearing from our members about what they have gone through and where we share some common ground.

<https://www.youtube.com/watch?v=6sUEXYbbFkw>

- **Park Series** – We are dedicated to getting to as many local parks as possible to see what is accessible and what is not.

<https://www.youtube.com/watch?v=tgAPqbUP0ew>

- **Rehab Series** – A resource to help when it comes time to pick where to rehab both a new and an old injury!

<https://www.youtube.com/watch?v=2asXYHbO-pE>

Please subscribe if you want to be notified about future videos in the above series and special one-off videos too! - Jarred



To learn more about other projects and programs go to our website www.biank.org!

