



BRAIN INJURY ALLIANCE NKY



WHAT RESOURCES DO I NEED AFTER BRAIN INJURY?

An individual with a brain injury, family member, caregiver, or professional may simply need names and connections to resources in their local area. In time of crisis and confusion, a survivor and family may need specific guidance and support to identify needs during recovery and the appropriate services and programs.

The resources BIANK may provide include:

- Names, numbers, and process guidance for state agencies and specialists within the brain injury community.
- Information on the Kentucky Acquired Brain Injury Waiver, a Medicaid home and community-based services program, including how to access services and assistance with problems/concerns.
- Individual Advocacy: BIANK will coach individuals and families on how to advocate for themselves during next steps. When that is not possible, we can advocate more directly.
- Assessment and guidance to make performing activities of daily living, returning to work, school and the community possible.
- Information about the support groups that BIANK offers, along with other social activities, projects and peer opportunities.
- Resource Journal and packet of information in an easily understandable format.

And most important, we offer to help navigate life's challenges after a brain injury... listening, caring, and being a support along the way.

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Ride Safe this summer with Free Bicycle Helmets!

On May 22nd 2021 over 50 children and teens were fitted for a new free bicycle helmet at the Little Miami State Park in Ohio. This event was hosted by Cincinnati Children's hospital and sponsored by the Ohio Chapter of American Academy of Pediatrics and Brain Injury Alliance of NKY.

Brain Injury prevention is part of our mission at BIANK, so our goal is to help educate and equip our kids to ride safely this summer!

Stay up to date with upcoming Helmet give-a-way events by watching our Facebook page and signing up for email announcements at www.biank.org.

Let's have a fun and safe summer!



Relationships After Traumatic Brain Injury

Source: <https://mskctc.org>

All content is based on research evidence and approved by experts from the TBI model systems



After traumatic brain injury (TBI), many couples find that their relationship with each other changes dramatically.

These changes are very personal and can be very emotional for both people in the relationship.

The following source will help couples understand some of the common changes they may notice in their relationship after TBI. Also, suggestions are given for ways that couples can address some of the more difficult changes they are experiencing.

Although some of the relationship changes after TBI are difficult and can be painful, there are many things that couples can do in order to enjoy each other and their relationship in new, positive, and meaningful ways.

Some questions may be: How are relationships typically affected? How do relationship roles change? What happens when communication styles and patterns change?

For answers and to learn more, visit:

www.mskctc.org/tbi/factsheets/relationships-after-traumatic-brain-injury

What to Do After a Stroke: 13 Tips Every Patient Must Know

Source: www.flintrehab.com/what-to-do-after-a-stroke/

Medically reviewed by Barbara Brewer, COTA — written by Flint Rehab

Planning and preparation are key if you want to recover from stroke as quickly as possible.

Here's a checklist of best practices when it comes to stroke recovery:

1. Know the warning signs of another stroke
2. Understand your stroke risk factors
3. Therapy, therapy, therapy!
4. Ask the medical team where you'll go after the hospital
5. Inpatient rehabilitation
6. Anticipate a journey that looks different from others
7. Modify the home to help prevent falls
8. Keep up with your rehab exercises
9. Explore home therapy options after discharge
10. Invest in psychological care
11. Join a support group (for survivors and caregivers)
12. Experiment with different therapies
13. Prepare for the long haul

For information and guidance on EACH tip, go to www.flintrehab.com/what-to-do-after-a-stroke/.



BRIDGES
"CARING AND SHARING"
SUPPORT GROUP
 OPEN TO ALL SURVIVORS AND THEIR FAMILIES

Join us!
 For more information
 please visit
www.biank.org/bridges
communityengagement



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

BRIDGES
SUPPORT GROUP

FOR BRAIN INJURY SURVIVORS, FAMILY, FRIENDS AND CAREGIVERS

We are Back

In-Person!
 Meeting on the 3rd Thursday of
 each month

MEAL PROVIDED-
 PLEASE RSVP TO
 859-667-2766

COVID SCREENING WILL TAKE
 PLACE UPON ARRIVAL. MASKS
 ARE REQUIRED AT ALL TIMES.

Save the Dates!

June 17th
 July 15th
 Aug 19th
 Sept 16th
 Oct 21st
 Nov 18th
 Dec TBA

Location:

Gateway
 Rehabilitation
 Hospital
 5940 Merchants St
 Florence Ky 41042

Time:

6:00 - 7:30 pm

www.biank.org



Life After Brain Injury.

I'm doing the best I can.
 My best may not what it was before my brain injury...
 But it's still the BEST I CAN.



STAY CONNECTED

FACEBOOK, TWITTER, INSTAGRAM

SUPPORT BIANK AND BRIDGES

AMAZON SMILE

KROGER REWARDS

GIVING ASSISTANT

PERSONAL OR CORPORATE GIVING

WWW.BIANK.ORG/DONATE

CONTACT US

WWW.BIANK.ORG

859-379-8230

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

Featured Member
Jarred Payne

Jarred had a brain abscess in 2018 which lead to his brain injury. He joined the Board of BRIDGES in September 2019. Now on the Board with BIANK, he is working on the Living With Brain Injury Video series which he is actively looking for participants if you would like to share your story. Jarred has also shared his story at the last conference and works on a few committees for BIANK. Since his brain injury, Jarred has fallen in love with working out which he feels is great therapy for getting his mind off things and helping him improve. He often says that recovery after a brain injury is the hardest but the most rewarding thing he has ever experienced in life.



Do you have a story to share and like to be part of this project?
Email Jarred Payne at jwpaynel5@gmail.com



LIVING WITH BRAIN INJURY VIDEO SERIES

Virtual Resources

- Brainline- News and Headlines for Brain Injury and PTSD www.brainline.org
- Brain Injury Association of America- Information, Research, Public Policies and More www.biausa.org

