

## 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).

**1-800-451-0669**  
**www.health.mo.gov**  
**Missouri Dept. of Health and Senior Services**  
**Adult Brain Injury Program**  
**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**



## 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**



This project was supported, in part by grant number 90TBSG0040-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

These materials are based in part upon work supported by the National Institute of Food and Agriculture (NIFA), United States Department of Agriculture, under sponsored project number 2018-41590-22323.

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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.



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**Facebook.com/BIA.Missouri**  
**Twitter.com/BIA\_Missouri**

RESOURCES

SUPPORT

DETERMINATION

HELP & HOPE

KNOWLEDGE

QUESTIONS

More resources on back

# BRAIN INJURY RECOVERY – STEP BY STEP

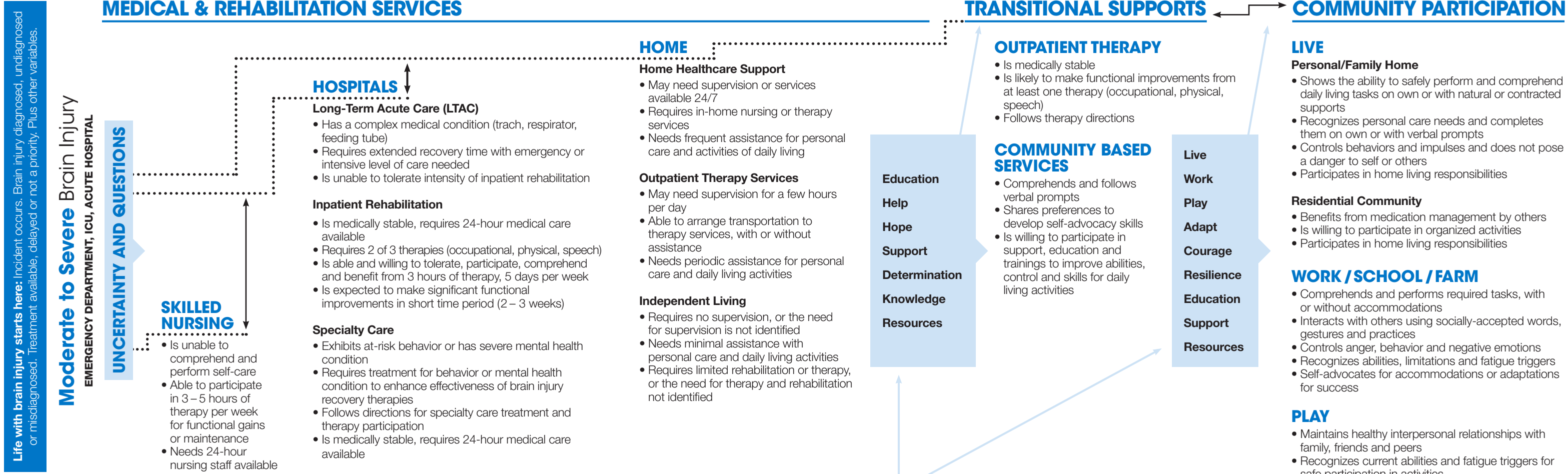
Although every brain injury is different, being aware of level-of-care options based on the abilities and cognition of the injured person, will help prepare you and loved ones for decisions related to brain injury. This knowledge will provide help, offer hope and lead to healing. Life with brain injury 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.

## MEDICAL & REHABILITATION SERVICES

## TRANSITIONAL SUPPORTS

## COMMUNITY PARTICIPATION



**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.