



You don't have to go through a brain injury alone. We can help.

Resource Facilitation

Brain injury.

Those two words can sound pretty scary when you're on the receiving end of them. No doubt, you probably have a million questions swirling through your mind such as "What is a brain injury? What are the possible long-term effects? And where can I get answers and assistance for myself or a loved one?"

We can help!

Regardless of when the injury occurred, our resource facilitators work collaboratively with you to help find answers, resources, referrals, and strategies to help you navigate life changes resulting from a brain injury.



Brain Injury Alliance
NEBRASKA

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What are the effects of a brain injury?

Brain injuries can have long-lasting effects that are often unique to the individual and the injury itself. These effects tend to fall into three categories:

Physical (balance problems, vision impairment, trouble sleeping, etc.)

Mental (trouble concentrating, focusing, or remembering)

Emotional (anxiety, depression, impulsivity)

So, what is a brain injury?

A brain injury is an injury to the brain that occurs after birth and is not hereditary, congenital, or degenerative. This can be anything from external trauma (bumps, blows to the head, penetrating injuries) to things like infections, aneurysms, or a lack of oxygen to the brain.

Traumatic brain injuries are caused by external trauma and disrupt the normal functions of the brain. Examples of these injuries include concussions and abusive head trauma.

How do we help?

As resource facilitators, we understand how scary it can be to navigate life after a brain injury, so we work alongside you and your loved ones to develop a community support system as you navigate these changes. Some examples of how we help include:

Providing education about brain injury and what to expect after experiencing one.

Locating professionals who can assist with recovery.

Assisting with navigating local, state, and federal service systems

Making referrals to available resources in your community.

Connecting you with local support groups.

What are people saying about us?

"This is all incredibly helpful, and I can't thank you enough for this support and these resources. It's also really comforting simply to know that this organization exists and that you are available to provide support."

~ M.V.O.

"I wanted to sincerely thank you for all your help.

We have been overwhelmed emotionally with trying to provide [our loved one] with the best possible medical care. Trying to work with our insurance has been extremely frustrating at times and we have been overcome with feelings of hopelessness.

You have provided hope and lifted our spirits."

~ Family member of an individual with a brain injury