

SUPPORT

FOR YOU AND LOVED ONES

The Brain Injury Support Group Alliance provides a forum for peer support and helps to develop peer support groups to better serve the needs of persons who experience head injury, concussion and brain injury.

The Centers for Disease Control (CDC) has recently estimated that there are 5.1 million persons living with long-term, severe disability because of brain injury, and as many as 6.5 million persons living with some form of brain injury including mild and moderate injury.

We help create peer groups to expand the self-help, consumer-focus, peer support group movement. Brain injuries happen everywhere, every day. Peer support groups provide people who experience brain injury a forum for discussing their needs and successes related to brain injury. They can also be a valuable source of quality, up-to-date information.

We have tools available to people interested in developing or strengthening peer support group meetings. Members of the Brain Injury Support Group Alliance give hands on assistance, email newsletter notification, aid in generating Meeting Notice Posters, Brochures, Press Releases and much more. Visit us on the web at www.bisga.org or www.pabia.org for more information.



BRAIN INJURY HAPPENS

Every 21 seconds someone sustains a brain injury in the U.S.; every five minutes, one of those people will die and another will become permanently disabled. Brain Injury is a leading cause of death and disability in children and young adults.

An estimated 2,000 fatalities occur due to traumatic brain injury each year in Pennsylvania. More than 41,000 people are treated in Pennsylvania hospital emergency rooms for concussion and mild brain injury. Almost 8,000 people are hospitalized in PA each year due to traumatic brain injuries sustained in car accidents, work place accidents, falls, assaults, sports accidents and other injuries.

Each human brain contains 100 billion (more or less) neurons and many times that number of supporting cells. Each individual neuron can be connected to more than 500,000 other neurons. Within each separate, tiny piece of the brain there are billions of synapses.

Any twisting, compression or stretching of the brain can potentially alter the physical status for any or every one of these cells, each connection to other cells and the blood vessels that feed them.

Brain injury can be caused by a host of means. Most often brain injury occurs when the head comes to a sudden stop while traveling. Sometimes brain trauma occurs when an object strikes the head. Other times, brain injury can occur when an object penetrates the skull and enters the brain.

“Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Walk beside me and be my friend.” -Albert Camus

TAKE ACTION!

Every person alive has a stake in the brain injury issue.



Brain trauma can happen to anyone, anywhere at anytime. While some people are at a greater risk than others, no one is immune.

Get involved. The brain injury that you help to prevent may be your own!

- John Pistorius

EACH OF US HAS SUPPORT GROUPS

"We all have peer support groups, whether it be our friends, family or co-workers; we



have people we can talk to who share common interests. The Brain Injury Alliance is like that too-people who share common interests helping each other solve problems."

-Malin Lowenadler-Shadel

For More Information Call:

Or visit www.pabia.org

Some Reasons

To *BECOME INVOLVED*

- To learn more about the consequences of Brain Injury.
 - To share strategies for overcoming or compensating for the effects of Brain Injury.
 - To help people who have experienced Brain Injury in their recovery process.
 - To assist others in finding services.
 - To find services and funding for you or your loved one.
 - To meet new people who share an understanding of the consequences of Brain Injury.
 - To learn about various cutting edge techniques and therapies as they are being developed.
 - To stay informed on issues related to Brain Injury.
 - To develop social skills and increase social activities.
 - To become a voice for those who experience Brain Injury.
- MUCH, MUCH MORE!

Telephone Resource Numbers

BIA USA Family Helpline: 800-444-6443
PA BIA Resource Line: 866- 635-7097
PA Protection & Advocacy: 800-692-7443
Traumatic Brain Injury Helpline: 866-412-4755
PA Council on Ind. Living: 866-302-7245
National Aphasia Association: 800-922-4622

Brain Injury Peer Support Group

Place
Postage
Here

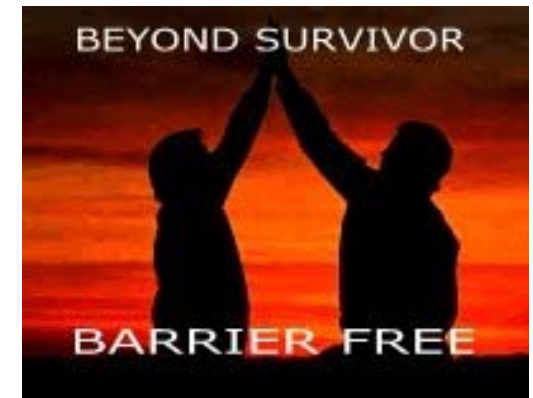
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FACTS

About

Head Trauma, Concussion And Brain Injury

Local Peer-to-Peer Support



Support for persons who experience head injury, concussion and brain injury, their families, friends and all concerned others.

www.pabia.org