

# What is a Brain Injury?



**There are 2 types of brain injury.**



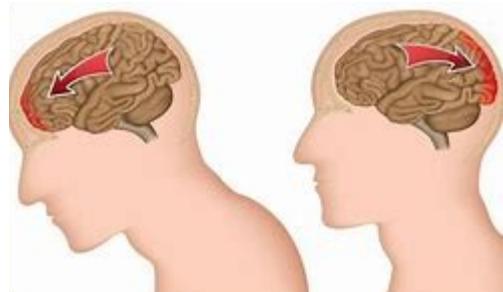
**Traumatic**



**Non-Traumatic**

A traumatic brain injury (TBI) is an alteration in brain function caused by an **external force**.

The head is struck by an object OR moves around within the skull.



**Examples:** falls, assaults, vehicle accidents, & sports collisions.

Some injuries might include **skull fractures** or **breaking of meninges** (layers of membrane around the brain).

Some injuries have **focal** damage. Others have **diffuse** damage.

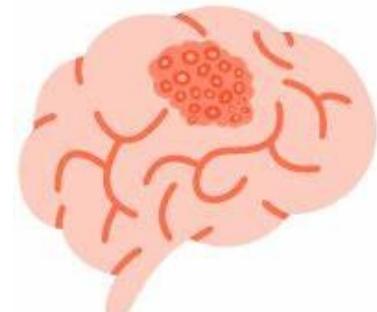
A non-traumatic brain injury is an “**internal injury**”, such as a stroke or seizure.



It can occur when **blood flow/oxygen** to the brain is reduced or stopped.

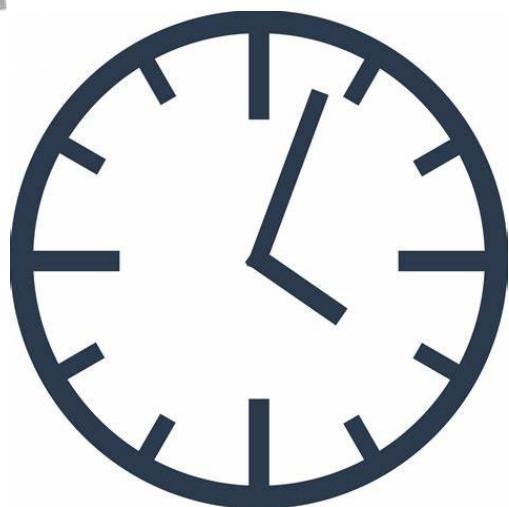


OR when there is a **hemorrhage** (bleed) in the brain.



OR when there is a **tumor** or **infection** in the brain.

**Improvement takes place  
over time.**

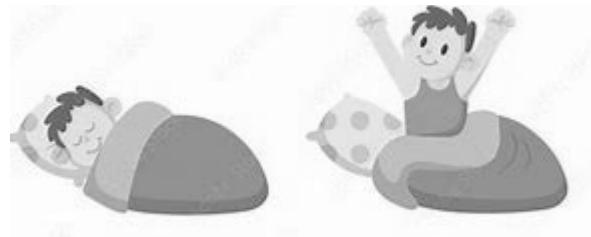


# What can you do?

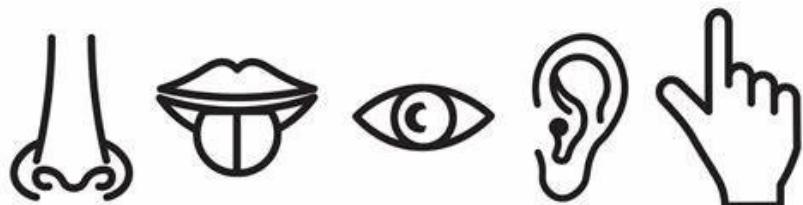
## 1. Participate in **therapy**.



## 2. Establish a good **sleep/wake** routine.



## 3. **Minimize stimuli** (dim lights, close door, TV off, limit visitors/objects in room).



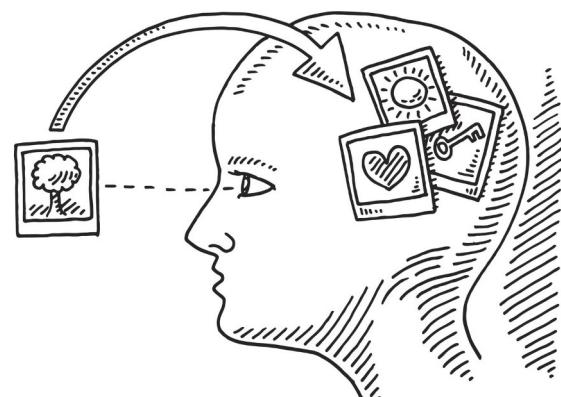
Remember, you are NOT alone.

# You might notice changes in:

Attention



Memory



Processing Speed



**You might notice changes in:**

Reasoning



Planning/Organizing

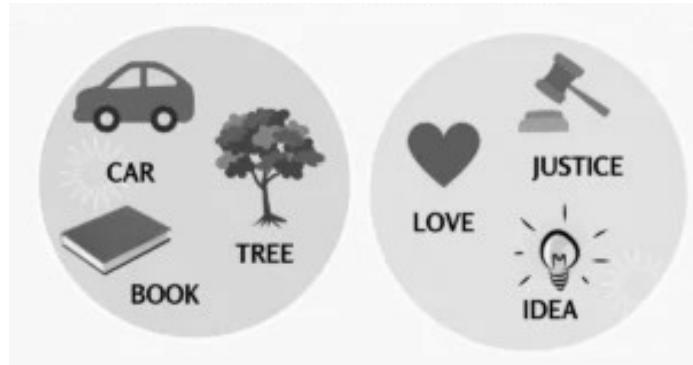


Problem Solving

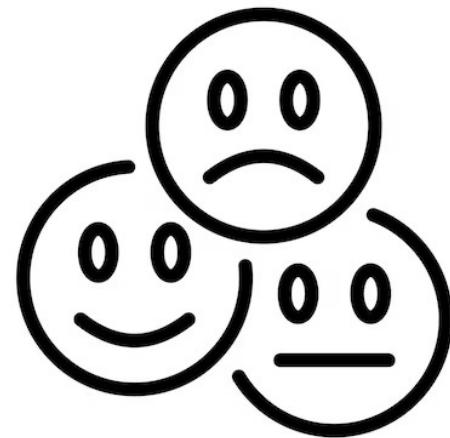


**You might notice changes in:**

Abstract Thinking



Controlling Emotions

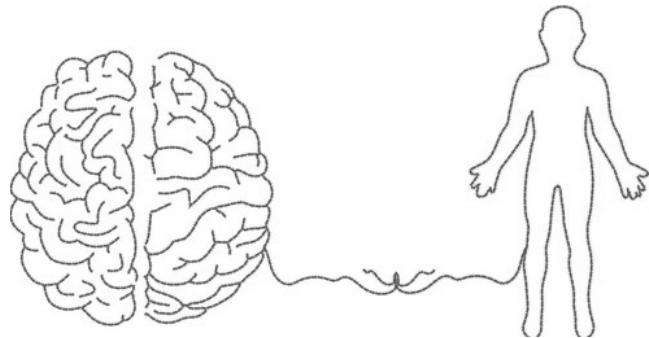


Personality



## You might notice changes in:

Awareness of  
Deficits



Vision or attention  
to one side



Fatigue

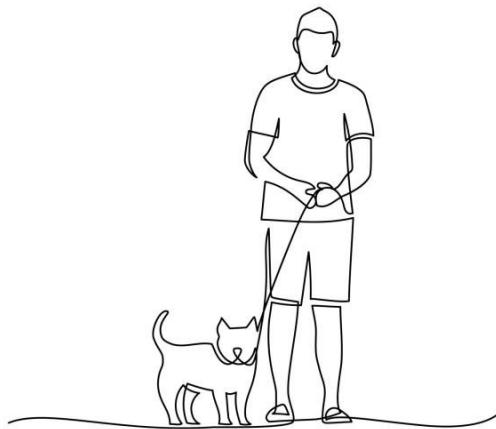


## You might notice changes in:

Headaches or  
migraines



Ability to walk or  
balance

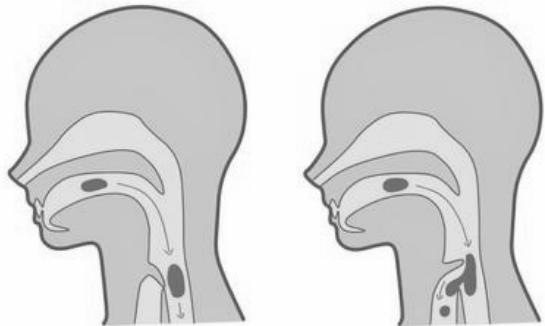


Use of arm or hand



**You might notice changes in:**

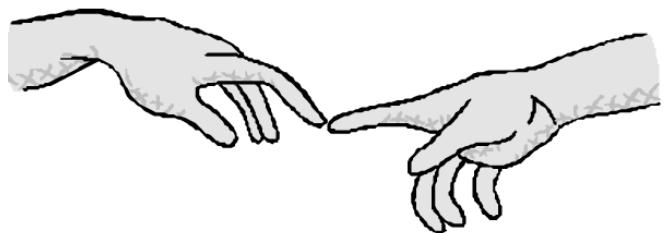
Swallowing



Hearing



Touch



**You might notice changes in:**

Bladder control



Sex drive

