

STATEMENT OF PURPOSE

The purpose of this support group is to provide ongoing education and support to those persons suffering from a traumatic brain injury and their significant others/support system. The meeting provides an opportunity to talk freely about problems, concerns, and frustrations, to share information and encouragement, provide education, helpful hints, and support. Through your participation in this group, you can learn more about traumatic brain injuries and get ideas about what can be done to ease its effects on your life.

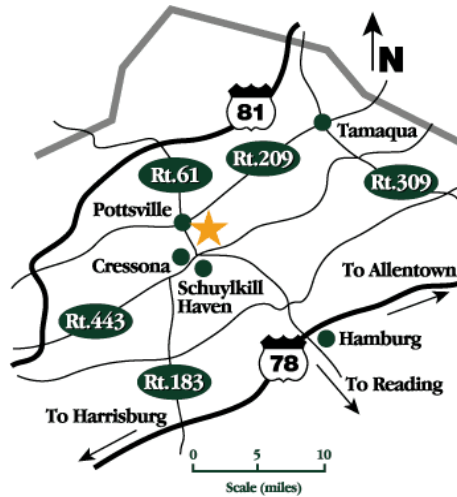
WHAT HAPPENS AT MEETINGS

Meetings are open to the public and may include lectures with question and answer sessions, given by various medical experts, review of current literature/ research, and general discussions among members. Educational sessions may include films, handouts, seminars, or problems of daily living. Generally the meetings last about 1 to 1½ hours. Everyone is encouraged to participate at their own comfort level.

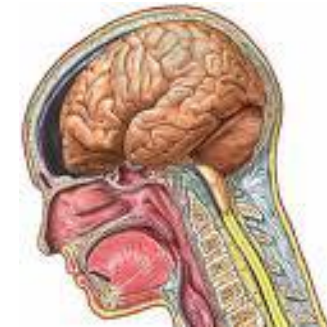
Meetings are held on the 2nd Wednesday of each month at 6:00 p.m.

Schuykill Rehabilitation Center
300 Schuykill Medical Plaza
Pottsville, PA 17901

For more information call us at (570) 621-9500.



Traumatic Brain Injury Support Group



**300 Schuykill Medical Plaza
Pottsville, PA 17901
Phone: 570-621-9500
Fax: 570-621-9510
Hours: Mon.-Fri.-7AM-6PM
Saturday- 8AM-NOON
Visit our website:
www.schuykillrehab.com**

What is a Traumatic Brain Injury?

The brain is a sensory processor, where each of our experiences are dependent on the brain's ability to receive, process, store, retrieve, and transmit sensory information. This process allows us to think, see, smell, feel, remember, and behave appropriately. These essential functions can be impaired as a result of even a minor brain injury and cause distress to our normal daily routines.

Traumatic brain injury (TBI) is any injury to the brain that is caused by trauma to the head through an external force. It causes damage to the brain tissue which results in physical, cognitive, social, and vocational changes. These changes can either be short-term or permanent. It is estimated that five million people per year sustain head injuries, in the United States alone. Out of these five million, two million Americans sustain head injuries that result in permanent impairments.

Most Common Causes of TBI

- Motor vehicle accidents (accidents involving automobiles, motorcycles, bicycles, and pedestrians) are the major cause of TBI among

- individuals under the age of 75
- 20% of TBI are a result of violence (gunshots and child abuse)
- 3% of TBI are a result of sport and recreational injuries
- Lightning strikes
- Electric shocks
- Blows to the head

*TBI can take place without any outward physical evidence of an injury or trauma. This phenomenon can be understood through the examples of whiplash and shaken babies

Common Impairments as a Result of a TBI

Impairments vary widely depending on the extent and the location of the injury. Some of them include:

- Diminished self-awareness and uncertainty about experiences
- Inability to communicate thoughts, feelings, words to others
- Memory impairments and expressive disorders
- Mood instability
- Lack of concentration
- Major deficits in organizational and reasoning skills
- Major deficits in learning,

cognitive, and executive functions

- Functional impairments
- Physical and sensory impairments of upper and lower extremities

Recovery from a Brain Injury

Treatment of TBI is a highly specialized field of medicine. Individuals trying to cope with a serious brain injury may find it extremely difficult to understand TBI.

After brain injury, things that once were easy and familiar become strange and difficult. Intensive mental effort is usually required to do things that at one time, required little or no thought.

All aspects of life; work, school, personal, and family-life endure the strain of this change in mental acuity. Behavior may regress and becomes unpredictable, unreliable, frequently inappropriate, and even violent. Survivors and their loved ones face many challenges on the road to recovery.

It is of great importance to understand the full recovery process. It is also essential to find the proper resources to assist you in this process that, many times, becomes a lifelong course of adjustments and accommodations for not only the individual but rather the entire family.