

Brain Injuries Affect Thousands of Oregonians Each Year

"In the weeks following my accident, I awoke each day in total confusion to face a life-changing nightmare of unanswered questions, grief and feelings of helplessness."

Steve Wright

"Living with a brain injury is difficult. But through involvement in the support groups and the brain injury community, I have made life changes needed to handle my injury."

Eric Peterson

"In the past couple of months, I have actually been living my life instead of surviving my life."

Lauren Russell

Steve, Eric and Laurel are just three brain injury survivors who have found help and hope from the Brain Injury Association of Oregon.

More than **84,000** Oregonians have seen their lives turned upside down by a traumatic brain injury (TBI).

More than **5%** of all Oregonians have been affected by a brain injury: TBI, stroke, illness, toxins, lack of oxygen.

More than **1 million** family members are directly affected in Oregon alone.

Brain Injury

After a physical trauma that produces an alteration in consciousness, many individuals experience a change in mental and physical functioning. Whether momentary (getting one's "bell rung"), severe (prolonged period of unconsciousness), or somewhere in between, these events typically cause some degree of injury to the brain.

Depending on the severity of the trauma, these symptoms either resolve or persist over time. Brain injury does not always involve obvious trauma to the head or physical disability. For this reason, and because brain injury has been on the increase for several decades, it has been described as the "Silent Epidemic."

It is important for those who may come in contact with persons having suffered brain injury to know the signs and symptoms. No two injuries are exactly alike, but the Warning Signs are some changes frequently observed or reported. Check those that you are experiencing more often than you did before your injury. Discuss them with a professional who knows about brain injury.

Every brain injury is unique, so your symptoms may be different from those of other people. Maybe you are not even sure if your symptom is related to your injury.

The People We Help

They have brain injuries from Shaken Baby Syndrome, auto accidents, falls, sports injuries, military action, lack of oxygen, assault, stroke, drug/medication overdose, domestic violence, bicycle accident, chemo/drug therapy, horseback riding accident, repetitive concussions, brain surgery, brain tumors, environmental toxins, and more.

Warning Signs of Brain Injury

Cognitive

Memory loss, reduced ability to process information, limited concentration, impaired judgment, difficulty initiating and completing tasks, trouble coming up with the right word, forgetfulness, distractibility, difficulty in planning and following through;
Disorganization

Physical

Seizure, spastic muscles, speech impairments, double vision, extreme sensitivity to light and noise; loss of taste or smell, headaches, fatigue, lack of balance, dizziness or decreased coordination

Emotional / Behavioral

Anxiety, personality or mood changes, especially depression, anger, irritability, short fuse, or other difficulty in getting along with others, impulsive behavior, interpersonal skill problems, feeling overwhelmed and out of control; being overwhelmed and uncomfortable in busy environments, having difficulty controlling your emotions (e.g., being uncharacteristically tearful).

Persons with brain injury have difficulty reconciling the person they used to be with the person they have become.

A brain injury is nothing families expect or plan for. Survivors and their families suddenly face a frightening situation. Desperate for answers, they often get complex and confusing information. Confusion can turn to grief and hopelessness.

Brain Injury Association of Oregon

New Member Renewing Member

Name: _____

Street Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Type of Membership

- Survivor Courtesy \$ 5 (Donations from those able to do so are appreciated) Basic \$35 Family \$50 Students \$25
 Non Profit \$75 Professional \$100 Sustaining \$200
 Corporation \$300 Lifetime \$5000

Sponsorship

Bronze \$300 Silver \$500 Gold \$1,000

Platinum \$2,000

Additional Donation/Memorial: \$ _____

In memory of: _____

(Please print name)

Member is:

Individual with brain injury Family Member

Other: _____

Professional. Field: _____

Newsletter Advertising

Business Card: \$100/issue \$350/year

1/4 page: \$200/issue \$700/year

1/2 page: \$300/issue \$1,000/year

Full Page: \$600/issue \$2,000/year

Website Banner Advertising: \$10,000 / \$5000/year

Sponsor *The Headliner* issue: \$2500 issue/\$10,000 annual

Type of Payment

Check payable to BIAOR for \$ _____

Charge my VISA/MC/Discover Card \$ _____

Card number: _____ - _____ - _____ - _____

Expiration date: ____/____ Security Code from back ____

Print Name on Card: _____

Signature Approval: _____

Date: _____

Zip Code that Credit Card Bill goes to _____

Please mail to:

BIAOR PO Box 549

Molalla, OR 97038

800-544-5243 Fax: 503- 961-8730

www.biaoregon.org • biaor@biaoregon.org

501 (c)(3) Tax Exempt Fed. ID 93-0900797

MEMBERSHIP CATEGORIES

Basic / Individual- \$35

- Membership in both BIAOR and Brain Injury Association of America
- Subscription to BIAOR's quarterly newsletter, *The Headliner & the Brain Injury Journal (bi-monthly)*
- Reduced registration fee for conferences and events
- Mailings regarding TBI conferences, events and legislative activities.
- One vote at BIAORs' annual membership meeting
- A voice with local and national public policy makers.

Student—College- \$25

- Includes the same benefits as Basic Individual
- Offer to be a presenter/assistant at the annual conference and other events

Family (up to 3 people at same address)- \$50

- Includes the same benefits as Basic Individual
- Individuals at the same address- one newsletter sent
- Reduced conference and event fees for three people

Survivor Courtesy- \$5 or Donation

- A reduced rate for persons with a brain injury and limited resources
- Includes the same benefits as Basic Individual

Professional / Individual -- \$100

- Includes the same benefits as Basic Individual
- Reduced registration fees to special events, workshops, and seminars for Professionals
- Name, city and phone number listed in every newsletter and the BIAOR website
- Offer to be a speaker at the annual conference/other events

Sustaining -- \$200

- Includes the same benefits as Professional/Individual
- Listed in Newsletter/website as donor

Corporation -- \$300 Non-Profit — \$75

- Includes the same benefits as the Basic
- Reduced conference and event fees for two people
- Offer of first refusal to provide speakers, showcase services and participate in events
- Name, city and phone number listed in newsletter/BIAOR website
- Opportunity to run business card ad or discount toward larger ad in *The Headliner*.

Sponsorship (Acknowledged in newsletters and on website)

- Bronze - \$300 Silver - \$500
- Gold - \$1000 Platinum- \$2000

We're The People Who Help

The Brain Injury Association of Oregon (BIAOR) was founded in 1985 by brain injury survivors, family members and concerned professionals. We are the only non-profit, statewide organization improving the lives of people with brain injuries and their families.

BIAOR Neuro-Resource Facilitation Services

- Information about brain injury
- Referrals to services and professionals
- Support Groups for survivors and their families
- Policy Advocacy for programs and services
- Awareness and Prevention programs
- Education through Annual Conferences and trainings
- Quarterly Newsletter

Our Members Are

- Brain Injury Survivors
- Family members and Friends
- Services Providers
- Health Care Professionals
- Legal Professionals

How to Become a Member

We invite you to join us. A membership application is enclosed or you can contact the BIAOR office or go to www.biaoregon.org.

Our Mission:

"To create a better future through brain injury prevention, research, education and advocacy."

Brain Injury Alliance of Oregon

2561 Center Street NE
Salem OR 97301
(By appointment only)

Mailing Address:
PO Box 549
Molalla OR 97038

503-740-3155
800-544-5243

Fax: 503-961-8730
biaor@biaoregon.org

Visit www.biaoregon.org for more information on resources, support groups, calendar of events and membership.

Brain Injury Alliance of Oregon



Helping Oregonians and their families cope with brain injuries

Brain Injury Alliance
of Oregon
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