

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:

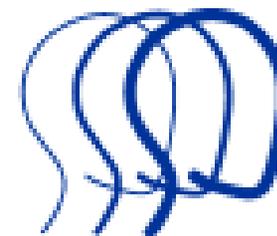
"To create a better future through brain injury prevention, research, education, and advocacy."

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

Brain Injury Association of Oregon



Helping Oregonians and their families cope with brain injuries

Brain Injury Association of Oregon

1-800-544-5243
www.biaoregon.org

A State Affiliate of the Brain Injury Association of America

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; lose 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.