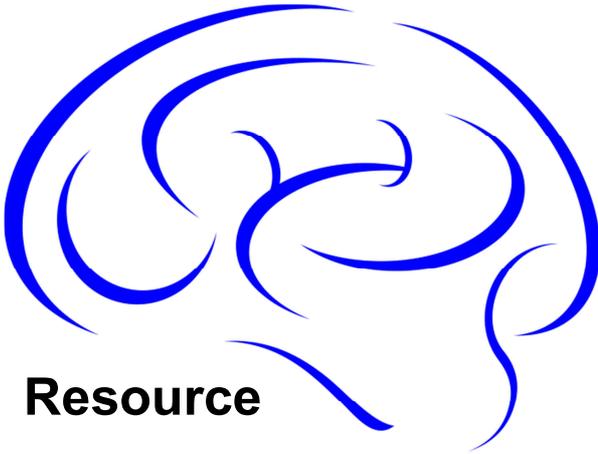


# Traumatic Brain Injury



## Resource

## Facilitation

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Simply put, **Resource Facilitation** helps survivors of a traumatic brain injury (TBI) and their families connect to supports in the community. These supports could include assistance in areas such as independent living skills, housing, mental health, coping skills, etc.

### **You Are Not Alone!**

The **Utah Independent Living Center** provides Resource Facilitation to help you and your family get the support you need to improve quality of life after a TBI. This service is free.

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For more information contact:  
**Jan Bigelow** or **Kim Meichle**  
801-466-5565

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The signs of a TBI can be subtle and often easy to miss. See back of insert for possible symptoms and more information.

**Traumatic Brain Injury** can arise from many different causes from a seemingly simple slip and fall, to a concussion during a football game, to a bump on the head while renovating the house. In the end, however, head injuries are not something to be taken lightly.

**Have you or a loved one experienced any of these symptoms which may occur following a Traumatic Brain Injury:**

- Headache or neck pain that won't go away?
- Lack of energy/more tired than usual?
- Trouble sleeping? Sleeping too much?
- New sensitivity to loud noises or bright lights?
- Blurred vision?
- Ringing in the ears?
- Loss of balance?
- Memory loss?

**Behavior changes such as:**

- Loss of interest in things previously enjoyed.
- Slowed thinking, speaking, or reading.
- Difficulty in decision making.
- Mood changes such as feeling sad or anxious.
- Confusion.

\* Long term effects of brain injury can include early onset of many conditions and can lead to increased risk of other disabilities.

\* If you or a member of your family has been impacted, there are supports available.

Some source material provided by :  
**The Utah Department of Health.**