

Common Signs and Symptoms of Brain Injury

PHYSICAL

Headaches

Dizziness

Chronic pain

Seizures

Decreased coordination, balance problems

Loss of limbs or use of limbs

Nerve Damage (i.e., optic nerve, facial palsy)

Sensory limitations

COGNITIVE

Difficulty self-monitoring

Difficulty with initiation

Difficulty sequencing steps and completing activities

Deficits in judgment

Memory impairment

Impaired attention

Inability to remain on task

Difficulty focusing on thoughts, words, events

Deficits in language use

Deficits in visual perception

BEHAVIORAL/EMOTIONAL

Frustration

Irritability

Restlessness

Anxiety

Low self esteem

Depression

Emotional Lability (Mood Swings)

Behavioral Outbursts

Impulsivity

Difficulties with emotional control

Personality changes

Neuro-Resource Facilitation



Looking for Resources and Supports for Brain Injury?

- A service dedicated to help people choose, get and keep needed services and supports
- Help people to research answers to their questions about brain injury, services and related topics
- Assist service providers and professionals with case consultation, support, training and brain injury resources

Iowa Brain Injury Hotline
855-444-6443



BIA-IA



Creating a better future through brain injury prevention, advocacy, education, research and support.



Brain Injury Alliance

I O W A

855-444-6443 | biaia.org | info@biaia.org



More than
95,000 Iowans
live with a disability
from acquired
brain injury.

The Brain Injury Alliance is here to provide information and support.

We work to prevent brain injury, improve quality of life for individuals and families and bring people with brain injury, their families, friends, and professionals together to serve the needs of this unique group.

Brain injury is often called a "silent epidemic" because many of the effects are invisible.

Brain injury can happen to anyone, anywhere, at anytime. Brain injury is a result of damage to the brain, which can be caused by non-traumatic or traumatic events.

- Stroke
- Falls
- Motor Vehicle Accidents
- Physical Assaults
- Sports-related Injuries
- Medical Conditions

Major causes of brain injury include:

Every brain injury is unique and can cause a wide variety of lasting effects, including cognitive, physical, behavioral and/or emotional challenges.

Our Services



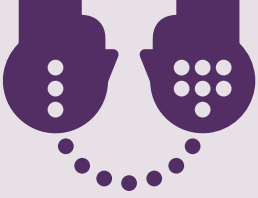
Tote Bags

The tote bag is available to survivors, caregivers and professionals looking for general information related to brain injuries. This bag includes information & resources on common physical, emotional, social, cognitive and family changes after brain injury.



Educational & Training Opportunities

The Brain Injury Alliance of Iowa can deliver a range of brain injury specific trainings and presentations for your professional organization. Please contact us directly to find out more about training opportunities available!



Case Consultations

Professional organizations are encouraged to reach out to the Brain Injury Alliance of Iowa to obtain technical assistance on how to support individuals and families experiencing brain injury through our case consultation program.