

# 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](http://biaia.org) | [info@biaia.org](mailto:info@biaia.org)

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



**BIA-IA**

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.

### What is a Brain Injury?

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.

### Major causes of brain injury include:

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

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.