

Common Signs and Symptoms of Brain Injury

PHYSICAL

Headaches
Dizziness
Chronic pain
Seizures
Decreased coordination, balance problems
Decreased motor control
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
Mood Swings
Behavioral Outbursts
Impulsivity
Difficulties with emotional control
Personality changes

Neuro-Resource Facilitation



Looking for Resources and Supports for Brain Injury?

- A fee-free service dedicated to help people choose, get and keep needed services and supports
- We provide answers to questions about brain injury, access to services and the experience of 40 years of Iowan's navigating life after brain injury.
- Assist service providers and professionals with case consultation, support, training and brain injury resources

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The development of this project was supported through the Brain Injury Services Program (BISP) of Iowa, through contract 5881BI06 with the Iowa Department of Public Health (IDPH). The contents are the sole responsibility of the authors and do not necessarily represent the official views of IDPH



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



Brain Injury Alliance

I O W A

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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 is a result of damage to the brain, which can be caused by concussion, falls, stroke, or other events.

Causes of brain injury include:

- Falls
- Stroke
- Motor Vehicle Accidents
- Physical Assaults
- Sports-related Injuries
- Medical Conditions
- COVID - 19

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 brain injury 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 offers a range of brain injury specific trainings 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.