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## 2023 National Survey on Health and Disability

The [University of Kansas Institute for Health and Disability Policy Studies](#) — funded by ACL's [National Institute on Disability, Independent Living, and Rehabilitation Research](#) (NIDILRR) — is seeking adults with disabilities to complete the [2023 National Survey on Health and Disability](#) (NSHD).

The NSHD gives voice to the concerns of people with disabilities and documents their experiences with a variety of issues, including access to health care, insurance coverage, housing, transportation, Long COVID, employment, education, and more. The survey is open to U.S. adults 18 and older with any disability and/or health condition.

Take survey [HERE](#).

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## Focusing on PTSD Glimmers - Not Triggers - During the Holidays

By [Stacey Shade-Ware, veteran caregiver](#)

December 18, 2023

What are glimmers and what do they have to do with post-traumatic stress disorder (PTSD)?

I recently came across a meme on Facebook about the term “glimmer.” You probably already know that a PTSD trigger is something that reminds you of your trauma and cues your body to respond to a perceived threat with fight, flight, freeze, or fawn — things like loud fireworks, a very busy crowd, or debris on the side of the road. Well, a glimmer could be considered the opposite of a trigger. A glimmer cues your body that you are safe and you can feel calm and relaxed.

Read more of this article [HERE](#).

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## Upcoming Webinar and Events



# DATING AFTER BRAIN INJURY

Webinar

Dr. Robert Karol, Ph.D., LP, ABPP, CBIST  
January 9, 2024 @ 12:00-1:00 PM CST



Register at [www.biaia.org](http://www.biaia.org) -> Events page



info@biaia.org



1-855-444-6443

REGISTER HERE



SAVE!  
THE DATE!



## VIRTUAL STROKE SUPPORT GROUP

Starting January 15, 2024

3rd Monday of the month, 1:00 PM-2:30 PM via Zoom.

Register at [www.biaia.org](http://www.biaia.org) -> [Support Groups](#) or click [HERE](#)



REGISTER HERE

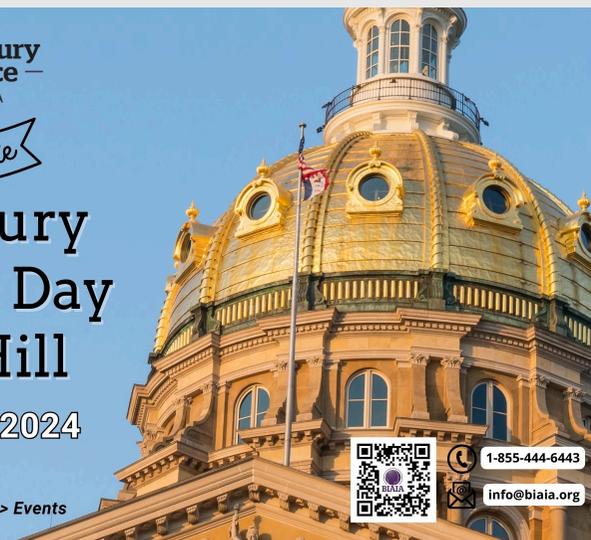


Save the Date

## Brain Injury Advocacy Day on the Hill

February 14th, 2024  
10am - 2pm CST

Register at [www.biaia.org](http://www.biaia.org) => Events



1-855-444-6443



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REGISTER HERE

32nd Annual Best Practices in  
Brain Injury Services  
Conference

REGISTER HERE

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ch,

Practice,  
& Adaptation

CONFERENCE HUB



Brain Injury  
Alliance  
I O W A

## EDUCATIONAL TOPICS SURVEY

What topics related to brain injury would you like to see in upcoming webinars hosted by the Brain Injury Alliance of Iowa? Your feedback is valued and appreciated! Thank you.

Scan QR code to participate in the survey



1-855-444-6443

info@biaia.org



Participate in the Survey



## NeuroResource Facilitation



info@biaia.org

BIAIA  
Satisfaction  
Survey

The Brain Injury Alliance of Iowa is looking for presenters to deliver webinars on topics related to brain injury treatment, rehabilitation, recovery, and support. Presentations in target professionals or survivors and their loved ones. Nobody plans for a brain injury. One day you wake up every morning to start your daily routine and the next you're trying to navigate the challenges that are being thrown at you after your life altering experience. It's not easy, especially when you grieve the life you once lived. You may find yourself getting recurring headaches. You may experience a type of fatigue you did not know existed. Easily forgotten? That may be new for you.



NeuroResource Facilitators are available to serve Iowans, to answer questions and connect those with a brain injury to resources and information. Learn more about this program [HERE](#). BIAIA is one call away.



Our mission at the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support. Join us on our platforms to obtain the latest and most relevant information pertaining to brain injury.