



*“Connecting the
TBI Family to a
Lifetime of Hope and
Opportunity”*

**Brain Injury Association
of Florida, Inc.**

HELPLINE: (800) 992-3442
<http://www.biaf.org>

**Sponsored by: State of Florida
Department of Health
Brain & Spinal Cord Injury Program**



What Does It Mean?

A traumatic brain injury (TBI) is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Not all blows or jolts to the head result in a TBI. The severity of such an injury may range from "mild," a brief change in mental status or consciousness to "severe," an extended period of unconsciousness or amnesia after the injury.*

How It Happens

Over 210,000 Floridians live with a TBI-related disability. Each year approximately 97,000 TBIs occur in Florida.

- Falls (42%)
- Traffic crashes (21%)
- Struck by/against (11%)
- Assaults (10%)

Many survivors of TBI experience problems with paying attention, memory, managing stress, controlling temper and organizing thoughts.

*Center for Disease Control 2005

How We Help

Brain Injury Association of Florida (BIAF) provides help and hope to all Floridians who have survived a traumatic brain injury.

We educate communities on ways to prevent brain injury and we work with professionals on how to better serve the survivor and their family.

We offer **FREE** of charge:

- Prevention programs for all ages
- Information and assistance for any family or survivor who calls our toll-free helpline
- Personalized support and guidance through our Family Support services
- Connecting families and survivors who have been there before

Resource Center

Our Information and Resource Specialists are available to listen to your concerns and provide helpful information when you need it the most. We have a wide variety of booklets, pamphlets, fact sheets, articles, CD's and DVD's developed by experts in the field of brain injury and can personalize information to be sent to you based on your needs.

You can also request family support services through our website at :

www.biaf.org

Family Support Services

Our Family Support Specialists can visit your home and provide helpful information, guidance and support for everyday living after a brain injury. Our trained family members and survivors who are part of our Family to Family and Peer Mentoring programs provide a listening ear and helpful information based on their own experiences.

Helping Each Other

Our education and prevention programs work together to reduce the number of brain injuries each year by teaching citizens how to prevent brain injuries in everyday life.

By forming active collaborations with advocates and professionals we are able to develop products and programs to help professionals better understand and serve the survivor and their family.

If you are actively involved in presenting safety messages you can obtain tools, materials (often at no cost) and use of our prevention mascot Helmutt. Our staff can travel to your community to speak and make presentations. We are an affiliate of Brain Injury Association of America and part of a network of associations throughout the U.S.

Visit our website to locate a support group in your area or call us at:

1-800-992-3442

