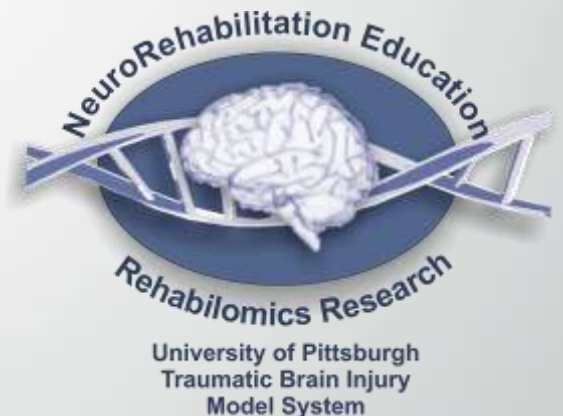


# Returning to the Community after TBI

The *million small victories* Institute.

UPMC Rehabilitation Institute



# Rehabilitation

The *get my life back* Institute.

[Read Brittany's Story](#)



The *never sit on the sidelines* Institute.

[Read Ben's Story](#)



The *found a new inspiration* Institute.

[Read Bill's Story](#)



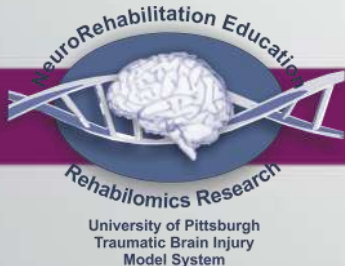
The *walk down the aisle* Institute.

[Read Megan's Story](#)



The *back to quilting* Institute.

[Read Barbara's Story](#)



The *million small victories* Institute.

UPMC Rehabilitation Institute

# Community Participation

- Daily Activities
  - Home maintenance
  - Cooking and shopping
- Self-Care
  - Bathing, Dressing
  - Medication Management
- Transportation
  - Driving
  - Community navigation
- Leisure & Socialization
- Work & School
- Community participation
  - Volunteering
  - Community organizations



# Daily Activities

Learning to accept help,  
and to ask for it,  
was a hard-won lesson.  
It still is.

- Rehab team will work with you to complete daily activities
- Be open to assistance

- Adaptive equipment
- Cognitive strategies





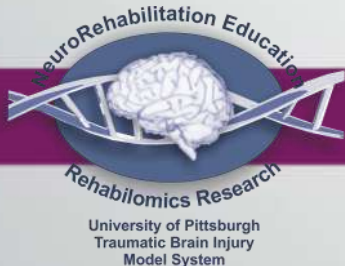
# Returning to Work



Assisting people with disabilities to go to work is our business!



## Reasonable Accommodation



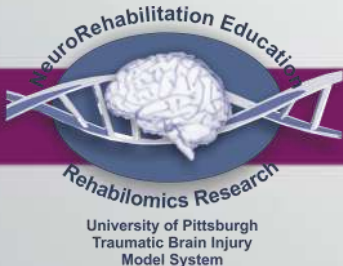
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# Returning to School



- This will be a learning process. Expect changes and remain optimistic.



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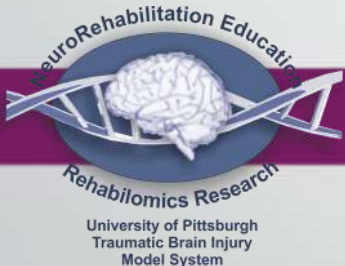
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# Social Life



- Changes in relationships & friendships

- Advocate, Educate, & Participate
- Support Groups
  - Survivors
  - Family members and caregivers



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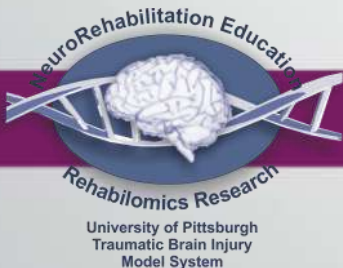


# Sports

- Hope Network
- Three Rivers Rowing Association
- Three Rivers Adaptive Skiing
- Steelwheelers/Steel City Stars
- Mighty Penguins



**Three Rivers  
Rowing  
Association**



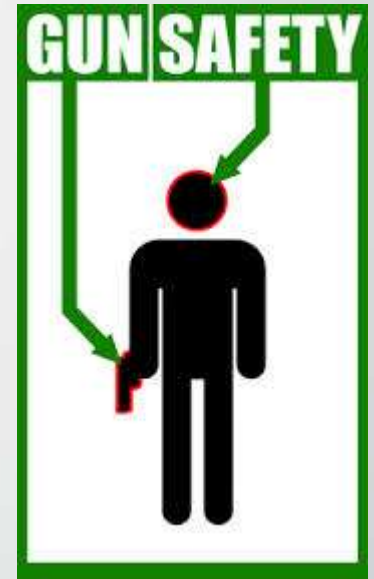
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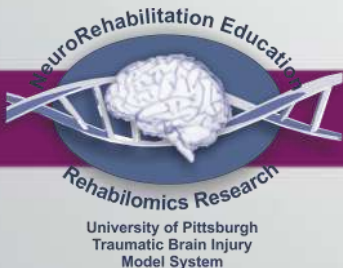
# Safety

- It is never too early to make safety plans
- Preventing additional injuries is important



# Safety

- Driving
- Gun safety
- Power tools
- Operating other heavy machinery
- Kitchen safety
- Caring for children
- Getting around in the community



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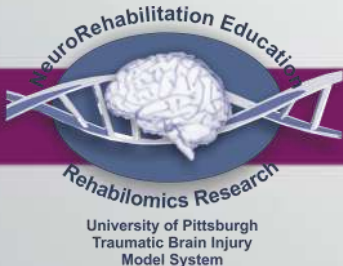
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# Driving

- Precision of skills will differ
- Recognize changes in driving skills
- Check state laws
- Talk to your doctor
- Driver Rehabilitation



The Association for  
**DRIVER REHABILITATION  
SPECIALISTS**



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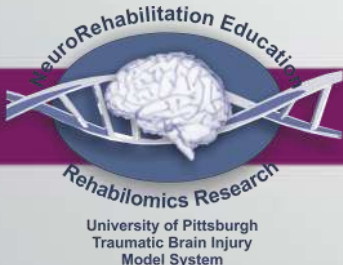
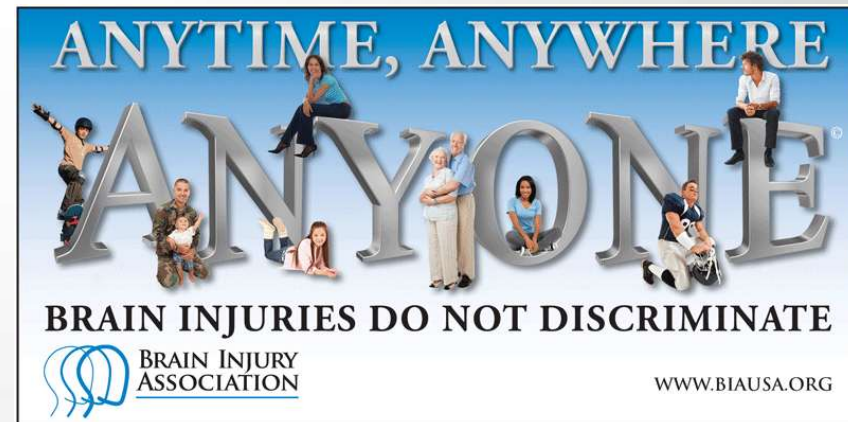
# Drugs and Alcohol





# Community Resources

- UPMC PM&R Outpatient Clinic
- UPMC Outpatient Rehab (various community-based sites)
- Support groups – UPMC Mercy, Butler, Harmarville, Shadyside
- Brain Injury Association of America



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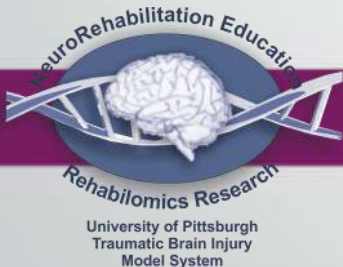
# Community Resources

- Office of Vocational Rehabilitation
- Worker's Compensation
- PA Head Injury Program
- ReMed & Main Line Rehab
- Brainline.org



Main Line Rehabilitation Associates, Inc.

Bringing community based rehab and meaningful living to you



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# Community Resources

- TBI Model Systems Knowledge Translation Center
  - Fact sheets
  - Power point presentations
  - Research summaries



[msktc.org/tbi](http://msktc.org/tbi)

## Listing of Traumatic Brain Injury Products Offered Through the MSKTC

### TBI Products Available on MSKTC.org/TBI as of November 2013

#### TBI Factsheets

- Understanding Traumatic Brain Injury (4 Part Series)
- Traumatic Brain Injury and Acute Inpatient Rehabilitation
- Alcohol Use After Traumatic Brain Injury
- Balance Problems After Traumatic Brain Injury
- Cognitive Problems After Traumatic Brain Injury
- Depression After Traumatic Brain Injury
- Driving After Traumatic Brain Injury
- Emotional Problems After Traumatic Brain Injury
- Fatigue and Traumatic Brain Injury
- Headaches After Traumatic Brain Injury
- Returning to School After Traumatic Brain Injury
- Seizures After Traumatic Brain Injury
- Sexuality After Traumatic Brain Injury
- Sleep and Traumatic Brain Injury
- Facts About the Vegetative and Minimally Conscious States After Severe Brain Injury

#### TBI Database

- 560 studies conducted by TBI Model Systems researchers

#### TBI Slideshows

- Sexuality After Traumatic Brain Injury
- Couples' Relationships After Traumatic Brain Injury

#### TBI Hot Topic Module

- Relationships After TBI

#### TBI Systematic Reviews

- TBI & Depression Interventions
- TBI & Equity with Substance Abuse Brief Interventions
- TBI & Headache Interventions

#### TBI Quick-Turnaround Reviews

- The Community Integration Questionnaire
- Application and Clinical Utility of the Glasgow Coma Scale

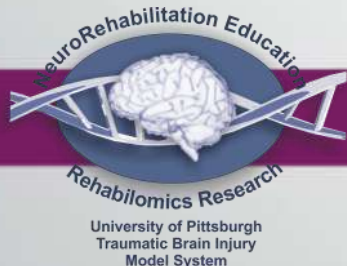
### Coming Soon to MSKTC.org/TBI

#### TBI Factsheets

- TBI & Vocational Rehabilitation
- TBI & Vision Problems

#### TBI Systematic Reviews

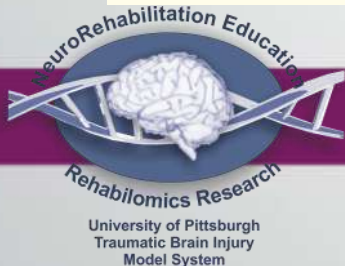
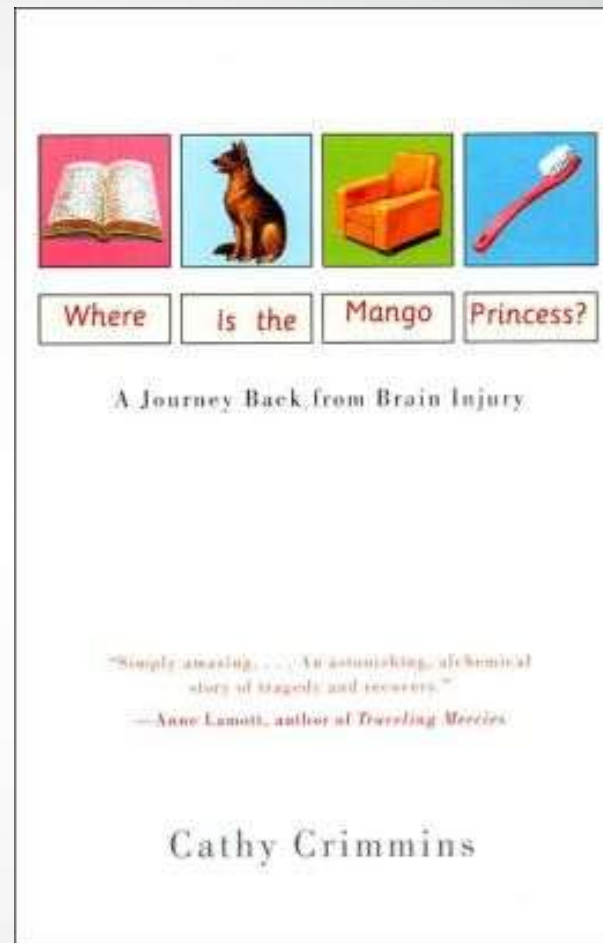
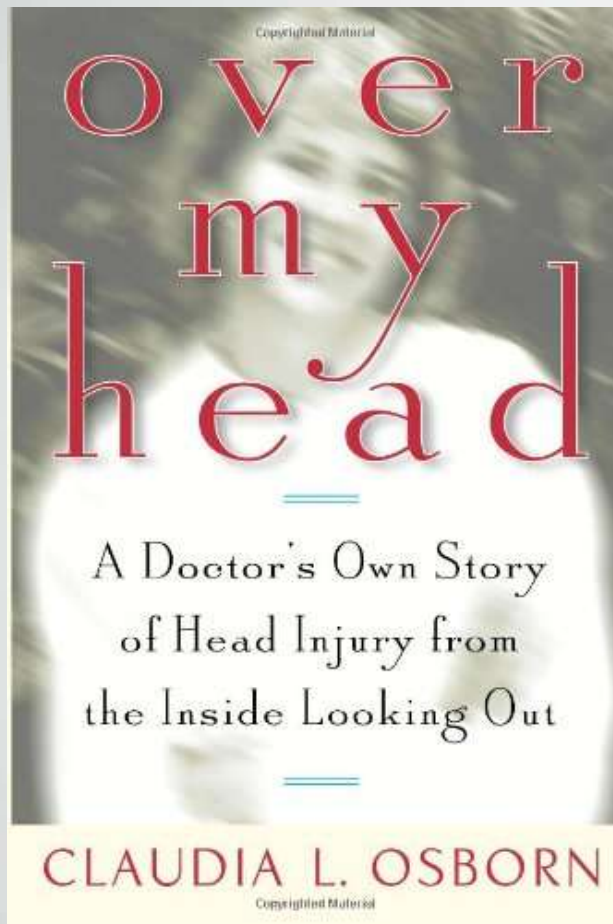
- TBI & Effectiveness of Comprehensive vs. Targeted Neurobehavioral Strategies
- TBI & Anxiety Measures
- Driving after TBI



The *million small victories* Institute.

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# Books To Read



The *million small victories* Institute.

UPMC Rehabilitation Institute



Disclaimer: This information is not meant to replace the advice from a medical or legal professional. You should consult your health care provider or attorney regarding specific medical, legal, or financial concerns.

1.

**UPMC Mercy**  
1400 Locust St.  
Pittsburgh, PA 15219  
Phone: 412-232-5728  
Fax: 412-232-7773
2.

**UPMC Horizon**  
110 North Main St.  
Greenville, PA 16125  
Phone: 724-589-6808  
Fax: 724-588-2993
3.

**UPMC McKeesport**  
1500 Fifth Ave.  
Mansfield Building, 2nd Floor  
McKeesport, PA 15132  
Phone: 412-664-2605  
Fax: 412-664-2626
4.

**UPMC Montefiore**  
200 Lothrop St.  
Pittsburgh, PA 15213  
Phone: 412-648-6510  
Fax: 412-692-2561
5.

**UPMC Northwest**  
100 Fairfield Drive  
Seneca, PA 16346  
Phone: 814-678-4646  
Fax: 814-678-4647
6.

**UPMC Passavant**  
9100 Babcock Blvd.  
5th Floor  
Pittsburgh, PA 15237  
Phone: 412-367-6751  
Fax: 412-367-6753
7.

**UPMC St. Margaret**  
815 Freeport Road  
4th Floor, A Wing  
Pittsburgh, PA 15215  
Phone: 412-784-4479  
Fax: 412-784-5148

