Returning to the Community after TBI

The million small victories Institute.

UPMC Rehabilitation Institute

Change is a process, not an event.
Rehabilitation

The get my life back Institute.

The never sit on the sidelines Institute.

The found a new inspiration Institute.

The walk down the aisle Institute.

The back to quilting Institute.

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

[Image of various people in workplace settings]

Pennsylvania Department of Labor & Industry
Office of Vocational Rehabilitation

[Logos and icons related to rehabilitation and employment assistance]

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Returning to School

- Remain involved
- School support is available
- This will be a learning process. Expect changes and remain optimistic.
Social Life

- Changes in relationships & friendships

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

• Hope Network
• Three Rivers Rowing Association
• Three Rivers Adaptive Skiing
• Steelwheelers/Steel City Stars
• Mighty Penguins
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
• Precision of skills will differ
• Recognize changes in driving skills
• Check state laws
• Talk to your doctor
• Driver Rehabilitation
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
Community Resources

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

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

msktc.org/tbi
Books To Read

over my head
A Doctor’s Own Story of Head Injury from the Inside Looking Out
CLAUDIA L. OSBORN

Where Is the Mango Princess?
A Journey Back from Brain Injury
Cathy Crimmins

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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.

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