Nebraska Brain Injury Needs Assessment – 2024
Individuals Living with Brain Injury Survey Results

As part of a statewide brain injury needs assessment, a survey was available from March 12 to May 3, 2024 for individuals in Nebraska who have experienced a brain injury. The needs assessment was done through Nebraska VR (Vocational Rehabilitation) with the support of the Brain Injury Advisory Council and Partners for Insightful Evaluation. The survey was available online and on paper, and individuals could request to complete the survey through a zoom or telephone interview. There were 83 people who answered at least the first few questions of the survey. This report summarizes the results.

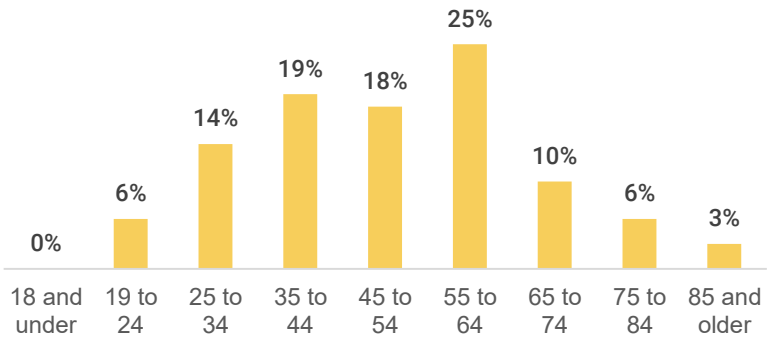
Note: Figures include "(n=##)". That indicates the number of people that answered the survey question.

Demographics of Respondents

There were 83 people who participated in the survey. Among the respondents...

- A majority (69%, n=50) were female.
- A majority (88%, n=63) reported being white.
- All but three indicated their primary language was English (n=71).
- About half (54%, n=39) had an Associate's Degree or higher for educational attainment.
- There were 4 respondents (6%) that reported having served or currently serving in the military.
- There were 24 counties represented through the respondents. The top counties included Lancaster (24%, n=17), Lincoln (17%, n=12), Douglas (13%, n=9), Buffalo (7%, n=5) and Platte (4%, n=3).

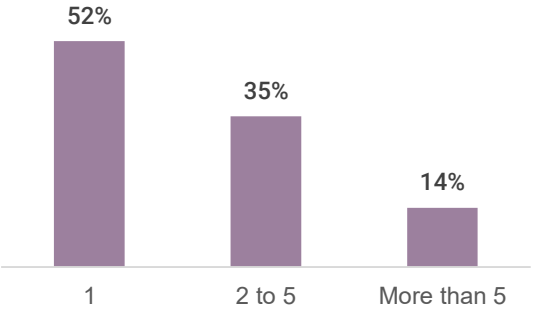
Q. What's your age group? (n=72)



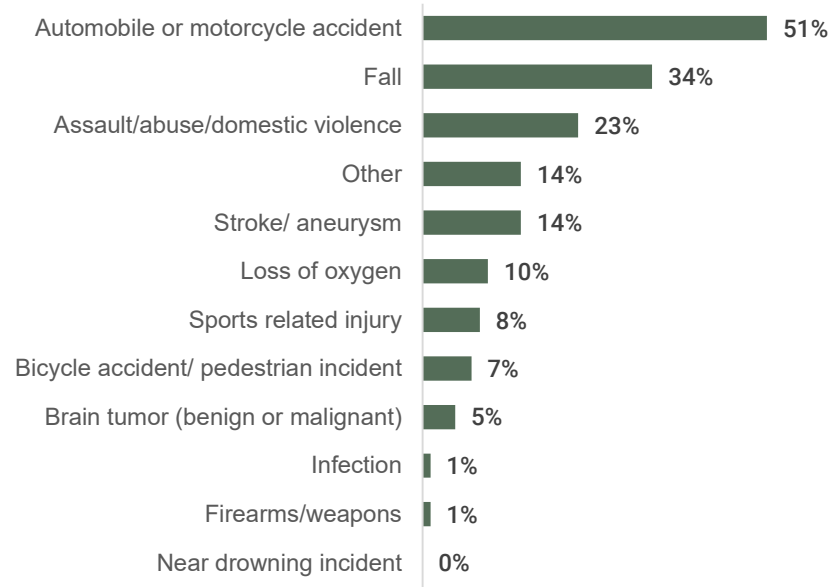
Injury and Symptoms

Think about injuries you have had in your life that may have affected your head or neck. Think about injuries you may have received from a car wreck, a bicycle crash, being hit by something, falling, being hit by someone, playing sports, or an injury during military service. You can also think about illnesses that may have affected your brain, such as stroke, seizures, tumor, meningitis, etc.

Q. How many brain injuries have you experienced in your lifetime? (n=81)

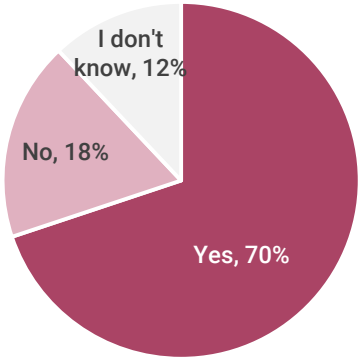


Q. Which of the following circumstances have you had that may have resulted in brain injury? Select all that apply. (n=83)

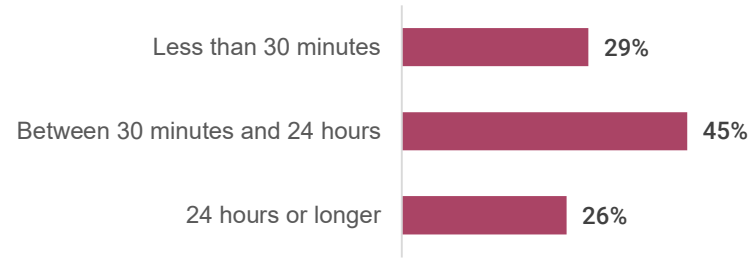


This publication was supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $1,000,890.00 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

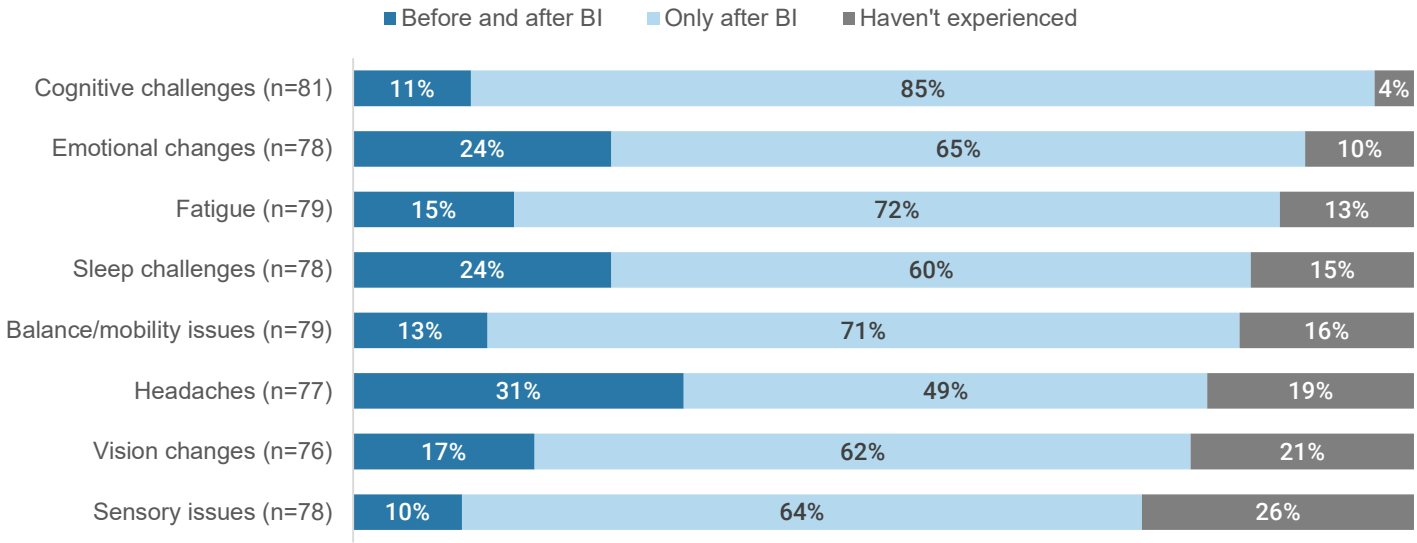
Q. Thinking about these injuries, were you ever knocked out or did you lose consciousness? (n=83)



Q. What was the longest time you were knocked out or unconscious? Choose one; if you are not sure, please make your best guess. (n=58)

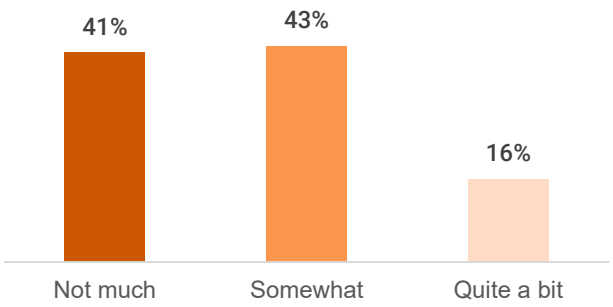


Q. Below are some common symptoms people may experience after having a brain injury. It is not a complete list. Select what your experience has been with each symptom.

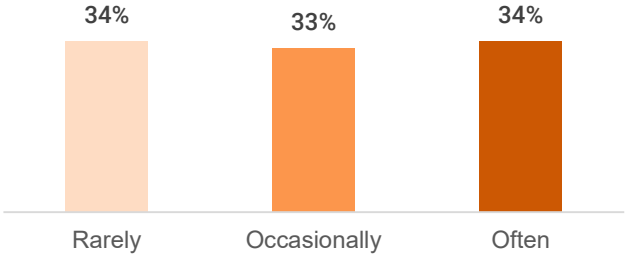


Accessing Services and Resources

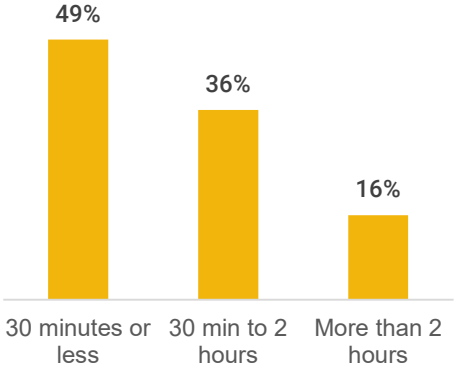
Q. How much do you feel like service providers have understood brain injury? (n=80)



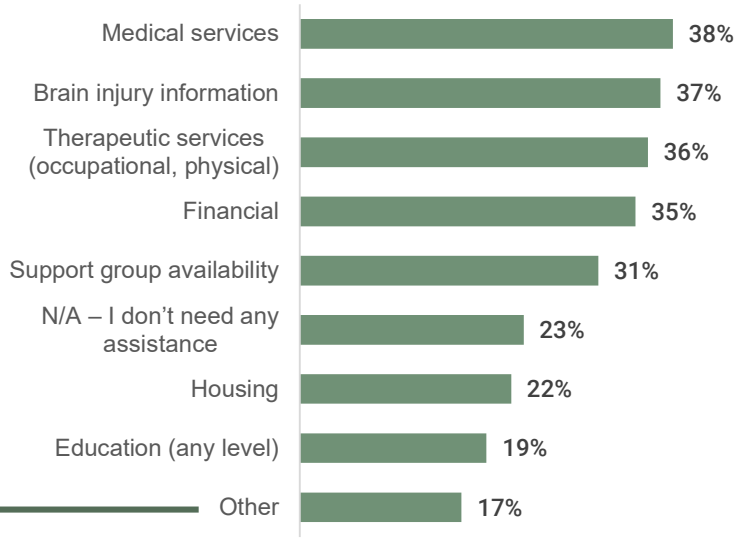
Q. How often have you had difficulties getting access to services for your brain injury recovery? (n=80)



Q. How far do you typically have to travel to get services for your brain injury recovery? (n=76)



Q. What assistance do you need living with your brain injury? Select all that apply. (n=78)

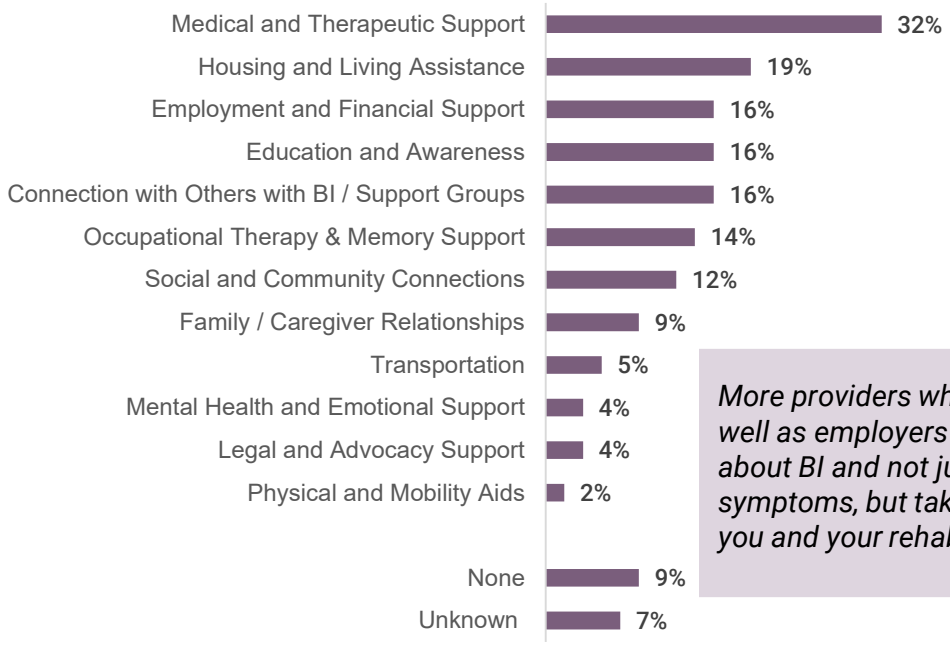


There were 14 individuals who wrote in other responses, including:

- Aphasia (mild & severe)
- Counseling
- Education for my job and help with accommodations
- Help with organizing my stuff
- I don't really know. Nothing has been available.
- I'm just slower at literally EVERYTHING I do but I don't really feel that I need any assistance.
- Legal advice
- Mostly everything listed
- Neurofeedback
- Occupational
- Speech
- Voc rehab
- Spiritual
- Caregiver and family help
- Community awareness.
- Strength and balance therapy Vision check-ins

Q. What services do you need to help you live your best life after brain injury? (n=57)

Open-ended responses were coded into the following categories:

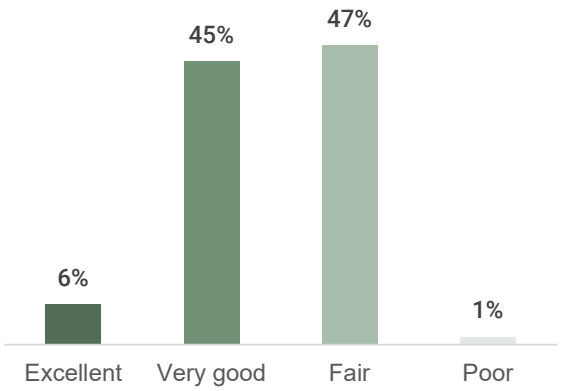


Physicians that believe me. Also I recently attended a webinar that had a panel of people who had brain injuries and it was so validating to hear that others experienced some of the same things I do.

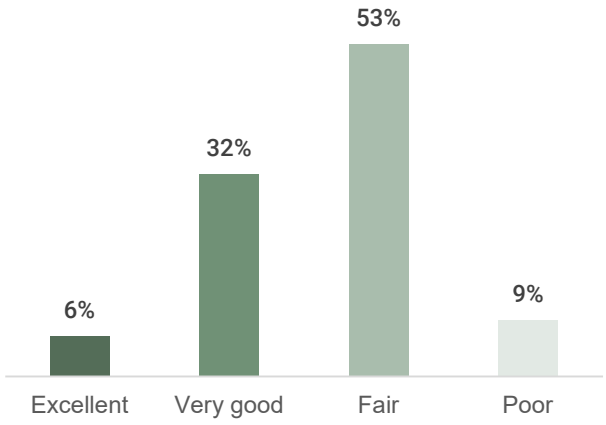
More providers who understand brain injury as well as employers who will take the time to learn about BI and not just fire you due to BI symptoms, but taking the time out to work with you and your rehabilitation specialists.

General Health

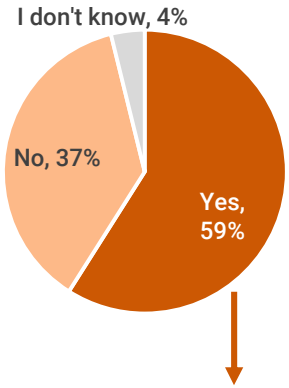
Q. Would you say that your health is: (n=78)



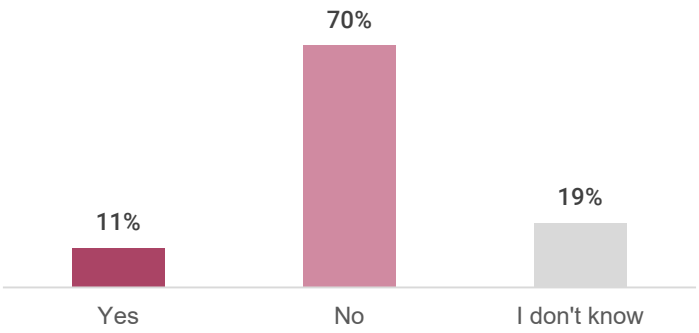
Q. Would you say that your overall mental or emotional health is: (n=78)



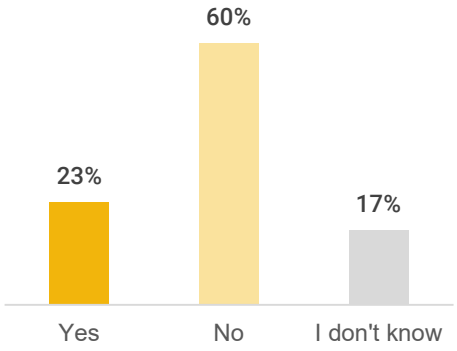
Q. Have you ever tested positive for COVID-19? (n=78)



Q. Were you denied or unable to access rehabilitation or other types of services for your brain injury during the COVID-19 pandemic? (n=70)

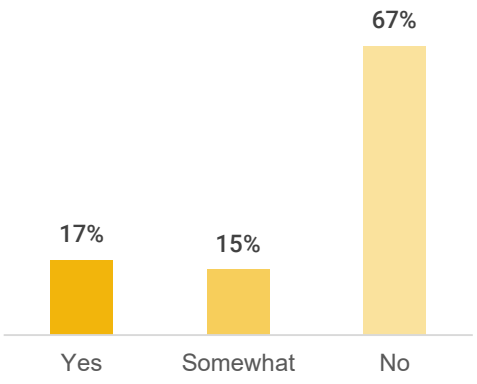


Q. Did you have any symptoms lasting 3 months or longer that you did not have prior to having coronavirus or COVID-19 (also known as long-COVID)? (n=47)



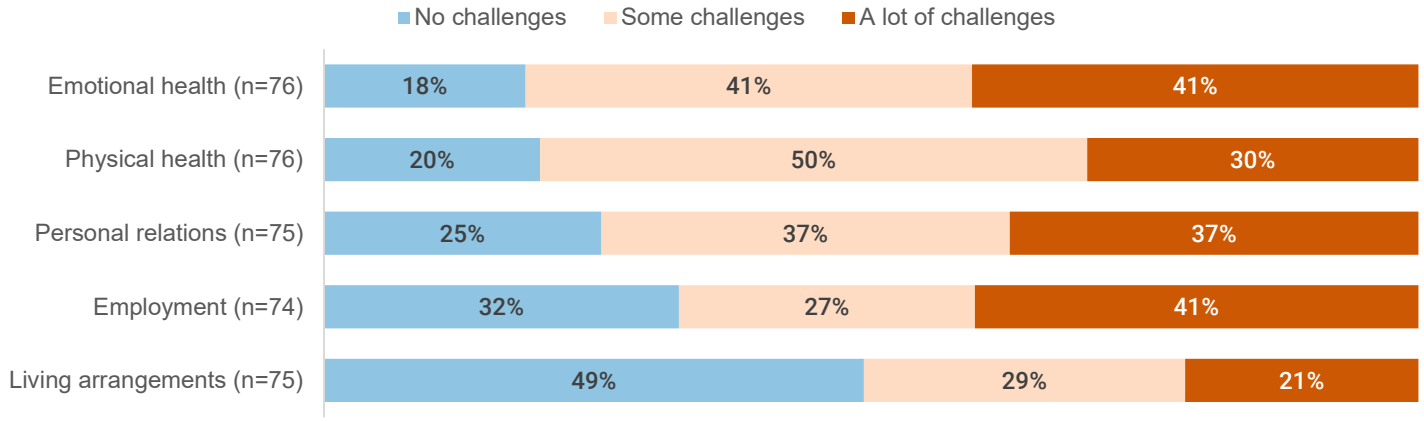
Symptoms may include: tiredness or fatigue, difficulty thinking, forgetfulness or memory problems (sometimes referred to as 'brain fog'), difficulty breathing or shortness of breath, joint or muscle pain, fast-beating or pounding heart, chest pain, dizziness, changes to taste/smell.

Q. Did COVID-19 make your brain injury symptoms worse? (n=46)



Daily Living

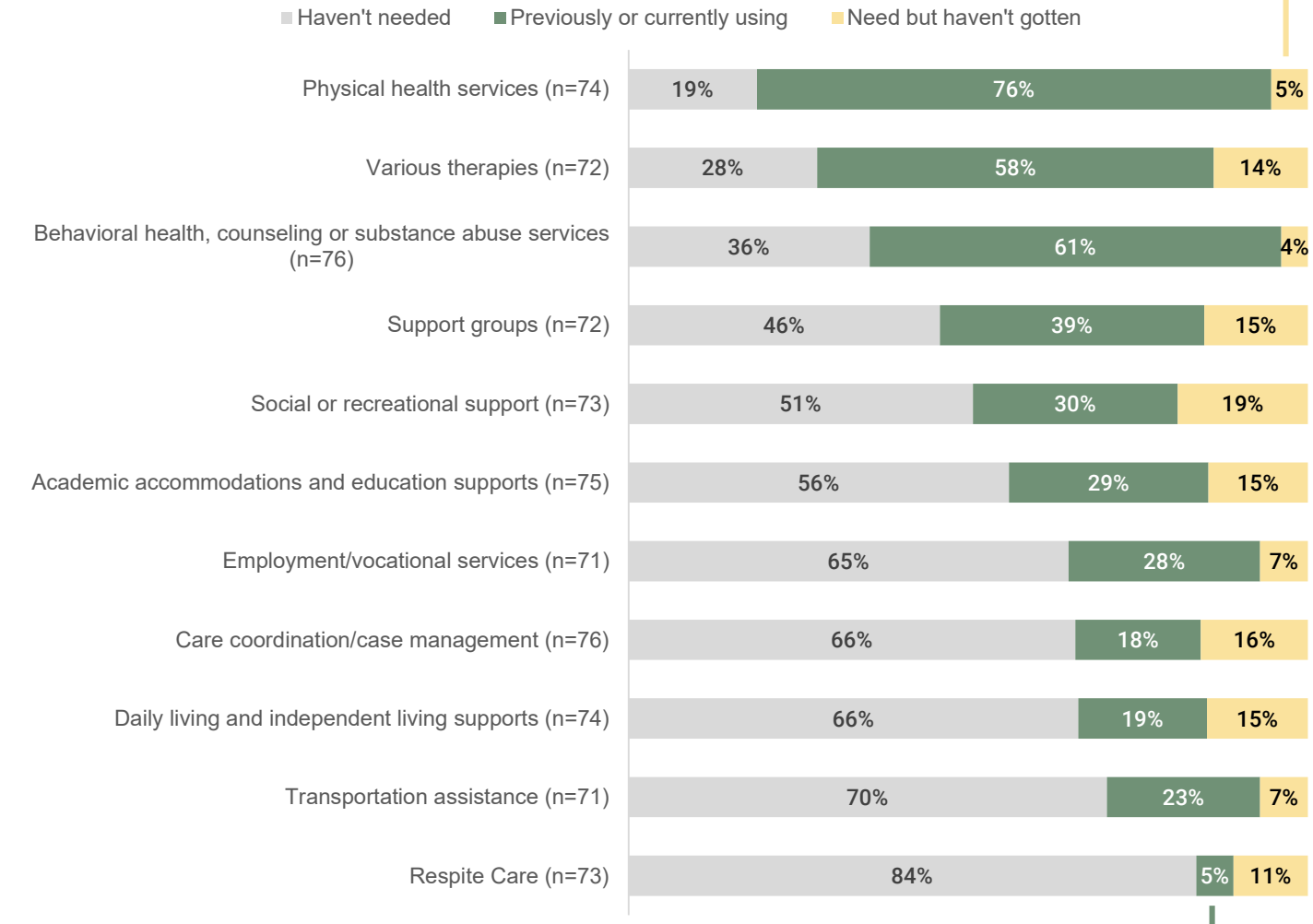
Q. Since your brain injury or injuries, have you experienced problems or difficulties with...



Services

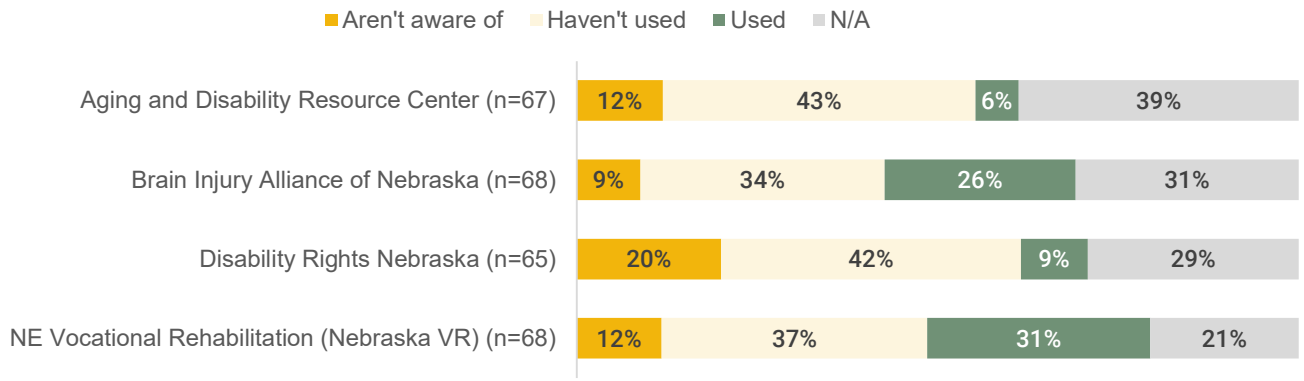
Q. Since your brain injury or injuries, have you used the following services?

For data regarding barriers with accessing services, contact PIE.

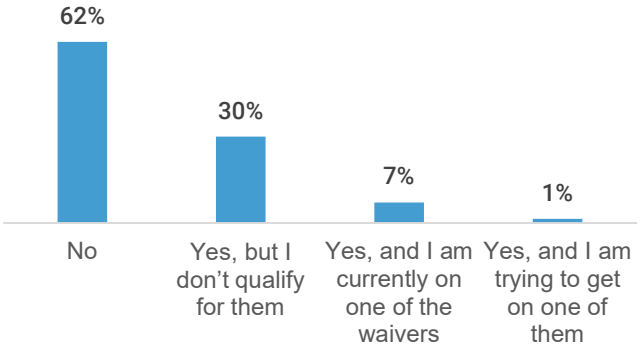


For data regarding how well the services met the needs of respondents, reach out to Partners for Insightful Evaluation at hello@pievaluation.com.

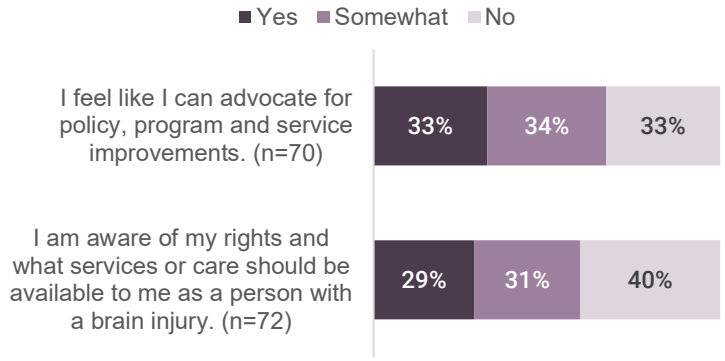
Q. **Which of the organizations have you and/or the individual with brain injury utilized since the brain injury?**



Q. **Are you aware of the Medicaid Waiver options (Aged and Disabled Waiver, Developmental Disabilities Waivers, and TBI Waiver)? (n=71)**



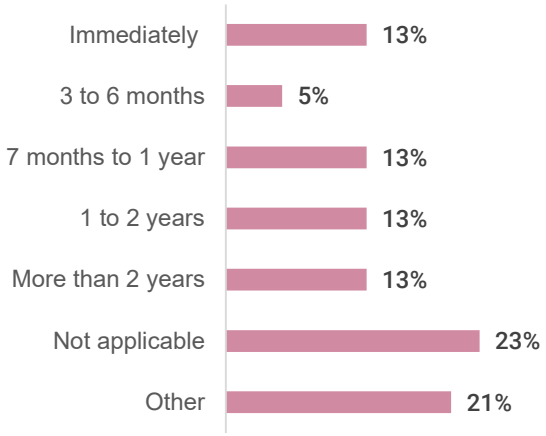
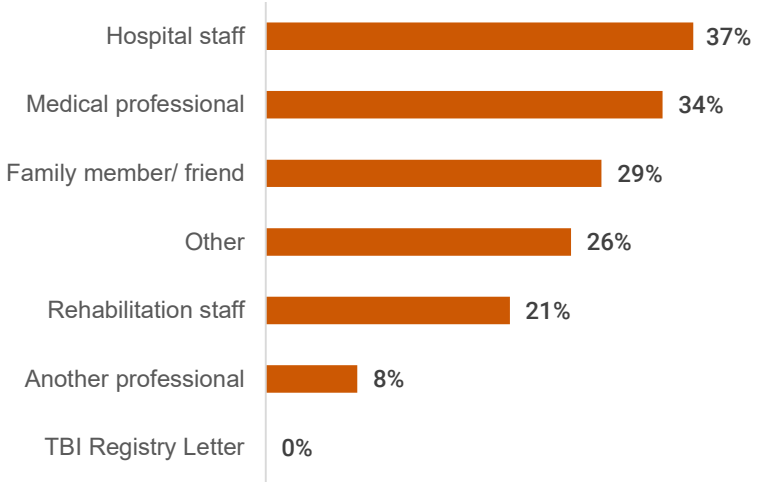
Q. **Mark your level of agreement with the following statements.**



Optional Questions

People participating in the survey were asked if they wanted to answer a few more questions as part of the optional portion of the survey. More than half (57%, n=40) selected yes.

Q. **At what point in time after your brain injury were services the most difficult to access? (n=39)**



Q. **How did you first get connected to services following your brain injury? Select all that apply.(n=38)**