

**BRAIN INJURY ADVISORY COUNCIL
(308) 224-7571**

Nebraska’s leader for statewide vision, consumer involvement, and dedication to the development of services across the state.

**BRAIN INJURY ALLIANCE OF NEBRASKA
(844) 423-2463**

Information, referral, resource facilitation, and guidance on concussion.

**HOTLINE FOR DISABILITY SERVICES
(800) 742-7594**

Information and referral resources, including housing, transportation, home services, etc.

**OPIOID ADDICTION
Kearney (308) 237-5113**

Links to opioid prevention activities and information on the opioid overdose medication Naloxone, and help accessing Medication-Assisted Treatment (MAT) and recovery services.

Join the Council Mailing List

Receive information on the annual brain injury conference, training opportunities, and state and national updates on disability services and funding.

It is important for anyone experiencing a brain injury or concussion to work with a professional to help them manage symptoms and link them to resources to meet their needs. Some symptoms may appear immediately while others may not be noticed until days or weeks after the injury.



www.braininjury.nebraska.gov

All due care has been taken in preparing this information, but the authors do not accept responsibility for the results of specific action taken on the basis of this information.

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Living with Brain Injury

Resources Close to Home



Central Nebraska

BRAIN INJURY

A brain injury disrupts the normal function of the brain and can be caused by a bump, blow, or jolt to the head, or a penetrating head injury.

Brain injury symptoms include:

- Issues related to balance/coordination, vision/sensory, memory
- Sensitivity to light and sounds
- Appears dazed or stunned
- Mood, behavior/personality changes
- Slowed thinking/reaction time/speaking
- Recurring headaches
- Fatigue and confusion

Regardless of your age, the leading cause of brain injury is the same: experiencing a fall. Each year, more than one in four adults aged 65 and older will fall.

A brain injury of any severity can negatively affect your ability to live independently.



Don't be afraid to admit to falling, even if it is a mild one resulting in a concussion, which can increase the chances of future falls and more severe injuries.

Check your vision regularly and do exercises that can strengthen your legs and improve balance. Make your home safer by removing loose rugs and other tripping hazards, improve lighting and install handrails and grab bars.

CONCUSSION

A concussion is caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth.

Symptoms:

- Appears dazed or stunned
- Forgets an instruction and is confused
- Moves clumsily
- Answers questions slowly
- Show mood, behavior, or personality changes

Some of these symptoms may appear right away and others may not be noticed for days or months after an injury. The signs and symptoms of a concussion can be difficult to sort out. Early on problems may be overlooked by the person with the concussion, family members, or doctors.

PREPARING FOR THE FUTURE

It can be challenging thinking about the future and what steps you need to take. The Brain Injury Alliance of Nebraska (BIA-NE) can assist you to take the next step by guiding you to access information, services, and supports.



Brain Injury support groups are an opportunity to connect with others and their family members. Their experience in your area can be beneficial in connecting with local resources.

MORE RESOURCES CLOSE TO HOME

NEBRASKA AREA AGENCIES ON AGING
(844) 843-6364

Midlands (402) 483-4565

South Central (308) 234-1851

West Central (308) 535-8195

Provides a variety of services including information and referral, guardianship assistance, etc.

BRAIN INJURY SUPPORT GROUPS

Grand Island (308) 398-5896

Kearney (308) 455-0266

INDEPENDENT LIVING CENTERS

Grand Island (308) 382-9255

Kearney (308) 708-2392

Help to explore personal situations and help to utilize agency services, secure funding, and arrange for personal assistance with daily activities to enjoy a more independent lifestyle.

NEBRASKA LIFESPAN RESPITE NETWORK

Central (402) 309-4344

Short-term temporary relief for those caring for family members with a brain injury.

NEBRASKA VR

Grand Island (308) 385-6200

Hastings (402) 462-0160

Kearney (308) 865-5343

If your goal is to be employed Nebraska VR can assist you to prepare, find, and keep a job.