

AGING & DISABILITY RESOURCE CENTER**(ADRC) (844) 843-6364****LINCOLN (402) 441-7070****BEATRICE (402) 223-1376****Omaha (402) 444-6444, Norfolk (402) 370-3454**

Information related to living with a disability and connecting to services in your area.

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.

NEBRASKA EARLY DEVELOPMENT**NETWORK/NEBRASKA CHILDFIND****(888) 806-6287**

Evaluation for child development, behavior, or ability to learn. Connect to services for children birth to age three with developmental delays. Referral for children age 3-21.

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.

www.braininjury.nebraska.gov**OPIOID ADDICTION****Lincoln (402) 441-4343, Omaha (402) 444-6573****Norfolk (402) 370-3100, Ext. 120**

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

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.



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



Eastern 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

A child's daily life centers on school, social participation, and extracurricular activities. A brain injury of any severity can negatively affect a child's future ability to learn and perform in school. When children are ready to return to preschool or school, a range of supports and services are available, including early intervention services, special education under the Individuals with Disabilities Education Act, and support accommodations through a Section 504 plan.



Falls are the leading cause of brain injury for children birth to age four. Injuries on swings and slides are also a major cause. Multiple concussions are particularly dangerous to children. More severe injuries can result in a range of medical, health, cognitive, motor, emotional, and behavioral issues. Younger children (birth to three years) can be referred to early intervention services provided by the Early Development Network. Schools are required to identify, locate, and evaluate children with disabilities or suspected disabilities.

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

The Brain Injury Alliance (BIA-NE) is a connection for information on concussion, return to play after an injury, and guidance on returning to school. A member of the Nebraska Department of Education's Brain Injury Regional School Support Team (BIRSST) can also provide information and resources on concussion for educators and parents.

PREPARING FOR THE FUTURE

Frequent communication between the student, family, school, and medical professionals is very important after an injury.



As students prepare for life after high school Nebraska VR can help. Nebraska VR's pre-employment services are provided to students at no cost. Career exploration and locating resources and supports are available. After high school graduation training and job placement are possibilities.

MORE RESOURCES CLOSE TO HOME

BRAIN INJURY REGIONAL SCHOOL SUPPORT TEAMS (BIRSST)

Metro (402) 390-2100

Southeast (402) 436-1000

Strategies and support for students transitioning to school after a brain injury

BRAIN INJURY SUPPORT GROUPS

Columbus (402) 562-3333

Lincoln (402) 573-3700, (402) 683-0715, (402) 890-4521

Norfolk (402) 860-3774

Omaha (402) 346-1592, (402) 401-3265

Teens/Twenties (402) 572-3403

Papillion, Caregivers (402) 346-1591

NEBRASKA LIFESPAN RESPITE NETWORK

Southeast (402) 274-3993

Eastern (402) 559-5732

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

NEBRASKA VR

Columbus (402) 562-8065

Fremont (402) 727-2900

Lincoln (402) 471-3231

Norfolk (402) 370-3200

Omaha (402) 595-2100

Omaha West (402) 595-1212

South Sioux City (402) 494-2265

Works closely with schools and other organizations to help students move from school to work.