

**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 aging or living with a disability and connections 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.

**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.

**Take the Living with Brain Injury Survey**

The Brain Injury Advisory Council invites you to take their survey. The Living with Brain Injury Survey is part of the process to identify service gaps across Nebraska. Your survey can be anonymous.

**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](http://www.braininjury.nebraska.gov)



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

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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

While there is risk for brain injury among all age groups, the risk is highest for adolescents, young adults, and persons older than 75 years. The major causes are motor vehicle crashes, violence, and falls.

The Brain Injury Alliance (BIA-NE) provides assistance beyond rehabilitation. Resource Facilitators can help individuals and families identify and access information, services, and supports to make informed choices to help meet or exceed their goals.



## CONCUSSION

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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

Frequent communication between the individual experiencing a brain injury or concussion, family, school, employers, and medical professionals is very important after the injury.

## PREPARING FOR THE FUTURE

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It can be challenging thinking about the future.



Nebraska VR Pre-employment Services are available to help your return to work a smooth transition. If you need help to prepare for a job they can customize a plan for training and connect you with employers.

## MORE RESOURCES CLOSE TO HOME

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### BRAIN INJURY SUPPORT GROUPS

Columbus (402) 562-3333

Lincoln (402) 327-0120, (402) 890-4521

Norfolk (402) 860-3774

Omaha (402) 346-1591, (402) 401-33265

Teens/Twenties (402) 572-3403

Papillion-Caregivers (402) 346-1591

### INDEPENDENT LIVING CENTERS

Lincoln (402) 441-7871

Norfolk (402) 371-4475

Omaha (402) 596-1265

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

### NEBRASKA LIFESPAN RESPITE NETWORK

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 and helps those employed to return to work after a brain injury or concussion.