

RESOURCES

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.

KEEP IN TOUCH AND GET INVOLVED

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 prevention activities and 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.

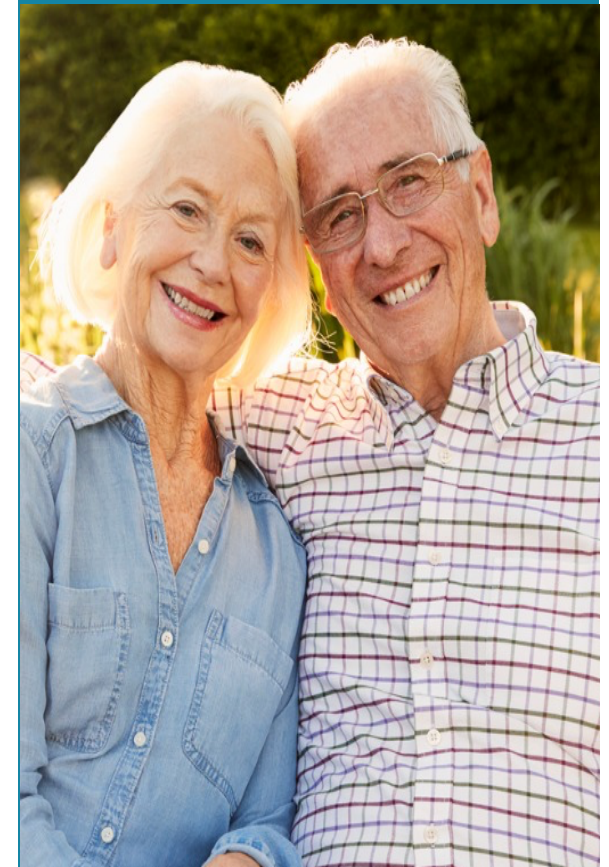
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6.2023

AGE 60 PLUS

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

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 Lincoln (402) 441-7070
Beatrice (402) 223-1376
Omaha (402) 444-6444
Norfolk (402) 370-3454

Provides a variety of information and referral services.

BRAIN INJURY SUPPORT GROUPS
Columbus (402) 562-3333
Lincoln (402) 573-3700, (402) 683-0715
Norfolk (402) 860-3774
Omaha (402) 346-1591, (402) 401-3265
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 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
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, West (402) 595-1212
South Sioux City (402) 494-2265

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