

Where Do I Find More Information?

The Headline newsletter has an updated list of all of the support groups and local brain injury associations throughout British Columbia.

Contact headlinemaq@gmail.com to get on the mailing list.

www.brainstreams.ca is a B.C. based website with a variety of resources, videos of people who are going through the same things you are and opportunities to connect with others.

Your local health authorities also offer acquired brain injury support and can direct you to resources in your area.

Find your local health authority online:

<http://www.health.gov.bc.ca/socsec/>



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Fraser Valley Brain
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ACQUIRED BRAIN INJURY PROGRAM



Know your limit, play within it.



Acquired Brain Injury

Information and Support



Fraser Valley Brain
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Acquired Brain Injury



Acquired brain injury (ABI) is often referred to as the "hidden disability". Many of the problems people with ABI face are not visible or do not appear to be that serious.

Physical issues can be obvious, yet it is often the "unseen" changes to the way a person thinks that can pose the greatest difficulties."

There is generally a lack of understanding about the consequences of brain injury and the number of people affected.

The more information you and those around you have, the more success you will have during your recovery.

What is an Acquired Brain Injury (ABI)?

An acquired brain injury is an injury to the brain tissue that is permanent and causes some changes to a person's physical, behavioural or emotional function that occurs after birth.

These injuries can range from mild to severe and may be as a result of trauma (accident or assault), a medical condition (stroke, infection, and tumour), hypoxia (lack of oxygen) or poisoning.

The changes that occur after a brain injury will largely be determined by the area(s) of the brain affected, how the brain is injured and the severity of the injury.

No two brain injuries are the same however there are some changes that are seen more commonly.



Areas that Acquired Brain Injury Might Affect:

- **Cognition(the way we think)**
Memory, concentration, speed of thought, planning and problem solving, initiation/ motivation, difficulty understanding own injuries, abilities and limitations;
- **Physical**
Vision, hearing, speech, thermo-regulation, hypersensitivity to heat and cold, greatly emphasised fatigue, balance and coordination problems, increased rate of seizures, paralysis;
- **Behaviour**
The ability to use feedback to change behaviour, impulsive, socially inappropriate behaviour (talking excessively, not taking turns) and concrete (rigid) thinking;
- **Emotion**
Having feelings of grief and loss, feeling anxious and/or depressed;
- **Social**
Self-esteem issues, loss of friendships and rejection by peers, social isolation and withdrawal from community activities, impact on financial position and lifestyle.

Adapted from NSW Department of Tourism,
Sport and Recreation Fact Sheet