BRAIN INJURY SERVICES

BRAIN INJURY

5 THINGS YOU SHOULD KNOW

WATCH YOUR STEP

Falls are responsible for more than 50% of brain injuries nationally, and older adults and children are particularly at risk. We must be vigilant about mitigating fall risks in our daily lives, and of those around us.

DON'T BE AFRAID TO ASK FOR HELP

Special accommodations can be made for you after a brain injury, at school and at work. Our managers are available for free to advocate on your behalf, and put you in a position to succeed.

KNOW THAT YOU ARE NOT ALONE

Nearly 1 million Virginians live with a brain injury, making up nearly 12% of the state's population. On average, a brain injury occurs every 9 seconds in the U.S.

DON'T JUST PLAY THROUGH

We must change the culture around brain injuries. Playing through this type of injury, or returning to the field too quickly, can have a lasting impact on your life on and off the field. Brain injuries are injuries, just like broken bones or torn ligaments.

KNOW THAT IT CAN BE A LONG ROAD

Brain injuries can have long-term implications for learning, earning, and living. Get help today, and be prepared to work on your recovery for as long as it takes.

For information about free services for Northern Virginians living with brain injury, please visit: www.braininjurysvcs.org

To find a brain injury service provider elsewhere, please visit: www.biausa.org/find-bia