

Brain Injury Association of New Jersey, Inc.

What is brain injury?

There are two types of brain injury:

A **Traumatic Brain Injury (TBI)** is an insult to the brain, caused by an external physical force such as a car crash, a fall, a sports injury or violence.

An **Acquired Brain Injury (ABI)** is an injury that is caused by a medical condition such as a stroke, a brain tumor, near suffocation, or an infection in the brain.

No two brain injuries are alike . . .

A brain injury can affect who we are and the way we think, act and feel. It can change everything in a matter of seconds. No two brain injuries are exactly the same, and the effects of a brain injury are complex and vary greatly from person to person. Symptoms are not always seen immediately after a brain injury, but may show up later.

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What happens after a brain injury?

Individuals with a brain injury may experience:

PHYSICAL difficulties, such as impairments of speech and vision, hearing loss, fatigue, headaches, paralysis and seizure disorders.

COGNITIVE difficulties, such as problems with memory, attention, concentration, perception, written and oral communication, reading, planning and judgment.

BEHAVIORAL-EMOTIONAL difficulties, including mood swings, anxiety, depression and problems with interpersonal skills.

What is BIANJ?

The Brain Injury Association of New Jersey, Inc. is a statewide membership organization dedicated to providing education, outreach, prevention, advocacy and support services to individuals with brain injury, their families, friends and the community. BIANJ is a chartered state affiliate of the Brain Injury Association of America.

BIANJ's Programs and Services

BIANJ offers a number of programs and services for individuals with brain injury and their families:

- Family Helpline: (800) 669-4323
- Written materials about brain injury
- Support groups meeting throughout New Jersey
- Family support services to assist in the coordination of services
- Peer support for families newly affected by brain injury
- Week-long summer camp opportunity

For the community, BIANJ offers the following programs and services:

- Information and resources
- Brain injury education and prevention programs for schools, employers and the general public
- Outreach to congregations
- Advocacy efforts to maintain a voice in government about policy issues concerning brain injury

Brain Injury Association of New Jersey

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Telephone: (732) 745-0200

Fax Number: (732) 745-0211

Family Helpline: (800) 669-4323 (In NJ)

Website: www.bianj.org

E-mail: info@bianj.org

Don't let a language barrier
prevent you from getting
information and resources
about brain injury

How can we help?

The Brain Injury Association of New Jersey, Inc. (BIANJ) offers a Family Helpline for individuals and families affected by brain injury. By calling the toll-free number, those needing assistance can obtain information about brain injury and about resources and services that may help.

BIANJ's Family Helpline
(800) 669-4323

BIANJ also offers Language Line services for those people who are more comfortable speaking in a language other than English. This service is available free by calling the BIANJ Family Helpline, specifying the language you use, and then waiting for several minutes until a trained interpreter joins the conversation.

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