

Do you notice changes in your...

- Appetite
- Ability to taste or smell
- Hearing
- Body temperature (feel too hot or too cold-or don't feel temperature at all)
- Vision (blurry, seeing double, hard to focus)
- Swallowing

Are you bothered by...

- Smells
- Sounds or ringing in your ears
- Noises, even normal background noise
- Light

Do you have sleep problems...

- Can't sleep through the night
- Sleep too much
- Your days and nights get mixed up

ASK FOR HELP

Call the Brain Injury Alliance of Arizona (BIAAZ). The professional staff will help you get connected with the resources and information you need.

Brain Injury Alliance of Arizona

In Maricopa County, please call: (602) 508-8024
Statewide, please call, toll-free: 1-888-500-9165

The Brain Injury Alliance of Arizona provides:

- Information
- Support programs
- Direction to services and resources
- Connections
- Support groups

Keep this brochure with you when you:

- Go to see your doctor
- Call the Brain Injury Alliance of Arizona at 1-888-500-9165

The Brain Injury Alliance of Arizona (BIAAZ) is the only statewide nonprofit organization dedicated to improving the lives of adults and children with all types of brain injuries through prevention, advocacy, awareness, and education. BIAAZ also houses the Arizona Brain Health Resource Center, a collection of educational information and neuro-specific resources for brain injury survivors, caregivers, family members, and professionals.

What began in 1983 as a grassroots effort has grown into a strong statewide presence, providing valuable life-long resources and community support for individuals with all types of brain trauma at no charge.

The Brain Injury Alliance of Arizona:

- Works with the Congressional Brain Injury Task Force
- Houses Arizona Brain Health Resource Center
- Hosts the Statewide Opioid Use Disorder & Cognitive Impairment Workgroup
- Deploys a Statewide Opioid Use Disorder & Cognitive Impairment Response Team with peer support, training and family wraparound services
- Facilitates the Brain Health Advisory Council
- Manages a Statewide Neuro Info-Line

CONTACT US – THERE IS HELP AVAILABLE

Let us be your resource for information on brain health. If you have a brain health question, please reach out via phone, email, or schedule an appointment to meet with our Resource Facilitation Team in person.

info@biaaz.org

State-Wide Neuro Info Line 888-500-9165



Brain Injury Alliance
ARIZONA

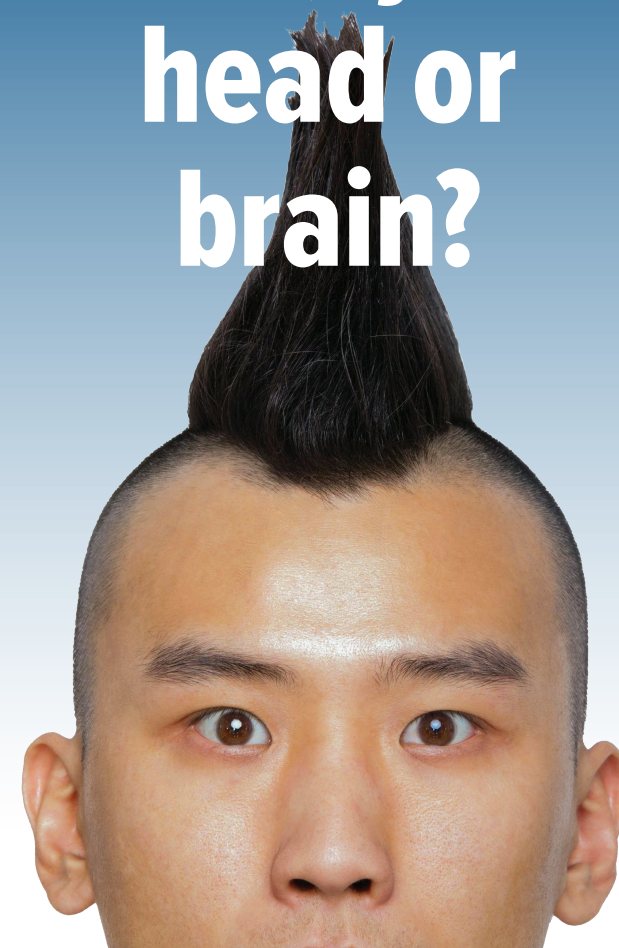
Making the invisible visible since 1983

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Brain Injury Alliance
ARIZONA

Are you worried about your head or brain?



Brain injuries happen...

- Aneurysm
- Brain diseases
- Brain tumor
- Head injury
- Hypoxia & Anoxia
- Stroke
- Substance abuse / overdose

Many people whose brains are injured get well and have no long-term problems. Some people have problems that may not be noticed right away. You may notice changes in yourself that concern you.

You do not need to lose consciousness (black out) to have a brain injury. If you have had a concussion, you have had a brain injury.

GO TO THE “ASK FOR HELP” SECTION IF:

- You have any of the problems listed in this brochure, **and they don’t go away.**
- Your brain was hurt a long time ago, **and you still have any of these problems.**

If your brain has been hurt and you have any of these problems, see your doctor right away or go to the emergency room:

- Severe headache that does not go away or get better
- Seizures: eyes fluttering, body going stiff, staring into space
- Forgetting everything, amnesia
- Hands shake, tremors, muscles get weak, loss of muscle tone
- Nausea or vomiting that returns

Behaviors and Feelings

LOOK FOR CHANGES IN YOUR BEHAVIOR AND FEELINGS

Check **ALL** the changes you notice in the list below:

Are you more...

- Moody, irritable, or anxious
- Easily upset or frustrated
- Sad or depressed
- Tired or drowsy or fatigued
- Sensitive to drugs or alcohol

Do you do these things more often...

- Overreact
- Cry or laugh too easily
- Trip, fall, or drop things
- Blame others or feel afraid of them
- Avoid other people
- Take risks without thinking first
- Use more alcohol or drugs

Do you have problems with your relationships...

- Knowing how to act with people
- Fighting with your spouse, family, or friends
- Feeling isolated from others
- Losing your job

Your Thinking

LOOK FOR CHANGES IN YOUR THINKING

Check **ALL** the changes you notice in the list below:

Since your brain was injured, is it harder than it used to be to...

- Get started
- Remember things
- Stay focused
- Understand what people mean
- Make decisions
- Get organized or get things done
- Do things on time
- Pay bills

Do you notice that you...

- Think about the same thing over and over
- Think or react more slowly than before
- Get confused easily

Do you sometimes think you’ve lost your...

- Common sense
- Sense of humor
- Sense of direction

Communicating with Others

LOOK FOR CHANGES IN COMMUNICATING WITH OTHERS

Check **ALL** the changes you notice in the list below:

Since your brain was injured, do you have more trouble...

- Thinking of the right word
- Listening or paying attention
- Having a long conversation
- Reading

Do you notice that you...

- Talk too much
- Change the subject a lot
- Know what you want to say, but can’t say it
- Can’t make a decision

Changes in Your Body

LOOK FOR CHANGES IN YOUR BODY

Check **ALL** the changes you notice in the list below:

Since your brain was injured, do you have pain...

- Headaches that keep coming back
- Pain in your head bone or muscle
- Pain below your ear or in your jaw
- Pain in or around your eyes
- Neck and shoulder pain that happens a lot

Do you have balance problems...

- Dizziness or vertigo
- Losing your balance