



# ABCs of Brain Injury

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**A** **Anterograde Amnesia** is the inability to consolidate information about ongoing events; difficulty with new learning.

**B** **Behavioral** changes after brain injury can include; irritability, mood swings, depression, and anxiety.

**C** **Card games** can help regain memory and the NDBIN playing cards have fun facts about brain injury.

**D** **Diffuse** brain injury is injury to cells in many areas of the brain rather than in one specific location.

**E** **Education & Employment** Returning to school or work after brain injury can be difficult but accommodations and assistance can help.

**F** **Fatigue** is the most common complaint after brain injury. Living with a brain injury requires extra energy.

**G** Glasgow Coma Scale (GCS) is the most common tool to measure the level of consciousness and severity of brain injury.

**H** **Hearing loss** can result from damage to the ear structure or in the way sound is processed in the brain known as CAPD (Central Auditory Processing Disorder).

**I** **Impulse control** can be a result of damage to the brain, specifically in the frontal lobe.

**J** **Judgement** can be impacted by BI, impairing the ability to know the dangers of certain activities and to make the right decisions.

**K** **Knowledge** about brain injury is important for the survivor as well as family, friends, and caregivers and can provide understanding of what brain injury is and how to cope.

**L** The brain is divided into four separate **lobes** that work together as the brain's control center.

**M** **Music therapy** can help with cognitive, sensory, and motor dysfunction.

**N** **Neuroplasticity** is the brain's ability to adapt and change.

**O** **Optometrists** exam, diagnose, and treat eye and vision problems.

**P** **Patience** is important when recovering from a brain injury and working with brain injury survivors.

**Q** **Quality** of life is a person's overall well-being and enjoyment of life.

**R** **Rehabilitation** after brain injury takes time and is often a lifelong process.

**S** **Speech-language pathologists** can diagnose and treat memory, cognition, and language difficulties after brain injury.

**T** **Types** of brain injury-There are three types of brain injury: mild, moderate, and severe.

**U** Many brain injuries go **unreported** because medical attention is not sought. Often concussions or mild TBI's go unreported.

**V** **Vocational rehabilitation** can assist with school expenses, gaining, and retaining employment, and help advocate for employment related supports.

**W** **Wernicke's aphasia** is difficulty comprehending speech, their speech is fluent but empty. Wernicke's area is located inside the temporal lobe.

**X** **X-rays** can only show skull fractures after a brain injury, a CT scan is needed for showing bleeding or swelling of the brain.

**Y** **Yoga** can help strengthen the connection between our mind and body and has been shown to have psychosocial, cognitive, and physical benefits after brain injury.

**Z** **Amy Zellmer** is a TBI survivor, advocate, author and producer of a podcast series, editor and keynote speaker.



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