

~~~ See below for general tips for those with ABI. ~~~

1. The **BIC** suggests that everyone whose life has been affected by brain injury **seek out a local brain injury support group or join an online support or discussion group** as soon as possible. Do you need a brain injury support group?

2. If you are working, are you **having difficulty at work** since your brain injury?  YES

3. Do you need to apply for **disability benefits**?  YES

4. Are you **in school** or **planning to go** to school?  YES

5. Do you **need legal help**?  YES

6. Do you **need other** types of **human services**, i.e., monetary support, food, housing, etc?  YES

7. **Are you a veteran**?  YES

The following  are  general tips for persons with brain injury.  Do not rely solely on this information.  Please consult with a specialist.

A. **Keep a pen and paper near you** to write things down as they come into your thoughts before you forget, especially if you are having problems with your memory.

B. **Make a list of your needs and keep your notes in one place OR**

C. **Add them to an organizational and reminding system** that works best for you. It could be a personal calendar, an electronic personal digital assistant (PDA), a special notebook, or sticky notes. If you use scratch paper or sticky notes be sure to **keep them in one place**, i.e., attach them to a cork board, your refrigerator or a mirror, or place them in a folder or

envelope, etc.