First of all, you should be commended for taking on the task of helping someone whose has sustained a brain injury.

1. The ***BIC*** suggests that **everyone whose life has been affected by brain injury**, i.e., survivors, caregivers and family members,
seek out a local brain injury support group or join an online support or discussion group immediately. Do you or the person you are helping need a brain injury support group?

2. If the person you are helping is working, is he/she having difficulty at work since the brain injury? YES

3. Does he/she need other types of human services, i.e., monetary support, food, housing, etc. YES

4. Does he/she need to apply for disability benefits? YES

5. Is the person you are helping in school or planning to go to school? YES

6. Does he/she need legal help? YES

7. Is the person you are helping a veteran? YES

If you are **assisting a child**, there are organizations geared to helping children affected by brain injury. Search the BIC Yellow Pages using the word *"pediatric"* or *"children"* or contact the applicable brain injury advocacy organization .

If you are **assisting an adult with a brain injury** contact the Family Caregiver Alliance for additional resources and guidance or the applicable national or international brain injury organization .

Find your local **independent living center** here for more information about services available to people living with disabilities .