

Life After Brain Injury

PHYSICAL

Headaches

Dizziness

Chronic pain

Seizures

Decreased coordination, balance problems

Loss of limbs or use of limbs

Nerve damage (i.e., optic nerve, facial palsy)

Sensory limitations

COGNITIVE

Difficulty self-monitoring

Difficulty with initiation

Difficulty sequencing steps and completing activities

Deficits in judgment

Memory impairment

Impaired attention

Difficulty focusing on thoughts, words, events

Deficits in language use

BEHAVIORAL/EMOTIONAL

Frustration

Irritability

Restlessness

Anxiety

Depression

Behavioral outbursts

Impulsivity

Difficulties with emotional control

Personality changes

Our Services

Resource Facilitation

- Helps individuals with brain injury and their families identify and access information, services, and supports.

Case Consultation

- Provides assistance to service providers and professionals by providing support, training, and brain injury resources.

Outreach & Education

- Brain injury specific trainings and presentations
- Host the annual Mind Matters conference

Informational Resources

- Online, searchable resource directory
- Lending library of brain injury resources

Support Groups

- Facilitate regional support groups
- Offer assistance to existing groups

**For further information,
contact NDBIN**

1.855.866.1884 • info@ndbin.org

ndbin.org

North Dakota Brain Injury Network (NDBIN)

*Help for Today,
Hope for Tomorrow*



**NORTH DAKOTA
BRAIN INJURY
NETWORK**

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**Each year, about
5,500
North Dakotans
sustain
traumatic brain
injuries.**

What Is a Brain Injury?

A brain injury can happen to anyone, anywhere, at any time. Brain injury is a result of damage to the brain, which can be caused by non-traumatic or traumatic events.

Major causes of brain injury include:

- Falls
- Stroke
- Motor vehicle accidents
- Physical assaults
- Sports-related injuries

Brain Injury Effects

No two brains are exactly alike, and the signs and symptoms of brain injuries vary as well. Some individuals recover quickly. Others struggle with life-altering changes for the rest of their lives.

Brain injury is often called a “silent epidemic” because many of the effects are invisible. Currently, more than 13,000 North Dakotans are living with long-term disabilities from traumatic brain injuries.

NDBIN Is Here to Provide Information and Support

We work to improve the quality of life for individuals with brain injury and bring people with brain injury, their families, their friends, and professionals together to serve the needs of this unique group.

When to Contact Us

- You are looking for resources, information, or services.
- You don't know where to start rebuilding a life after a brain injury.
- You need assistance with education or support to care for individual(s) with brain injury.

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**No brain injury is too mild to ignore,
or too severe to lose hope.**