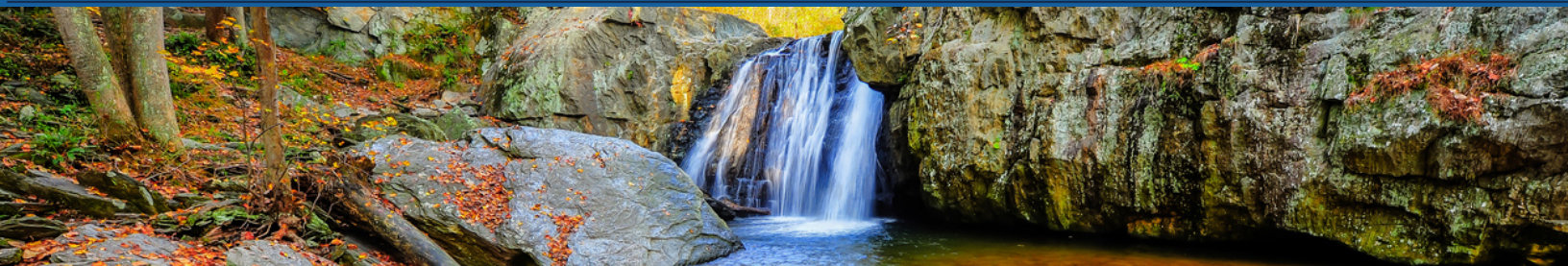




RESEARCH NEWS, HEALTH TIPS, AND COMMUNITY RESOURCES FROM THE VIRGINIA TBI MODEL SYSTEM



Finding Your Next Step After TBI

Getting back to school or work after a traumatic brain injury (TBI) can take time. Caregivers often play an important role in helping their loved one succeed.

Resources Available in Virginia

- Family Caregiver Support: Virginia's Area Agencies on Aging can connect families with caregiving resources, care management, and support programs.
- Respite Care: The ARCH National Respite Network helps caregivers find local respite services when they need a break.
- Medicaid Waiver Services: Virginia's CCC+ Waiver may provide personal care, respite care, home modifications, and adult day services.
- Education and Planning: The Family Caregiver Alliance offers information, training, and CareNav, a free tool that helps families find resources and plan for the future.

Returning to school or work after a brain injury can be challenging, but the right support can help individuals with TBI build independence, stay connected, and achieve their goals.

Learn More:

- Family Caregiver Alliance:
<https://www.caregiver.org/connecting-caregivers/services-by-state/virginia/>
- Virginia Area Agencies on Aging:
<http://www.vaaaa.org/>
- ARCH Respite Locator:
<http://www.respitelocator.org>

The Virginia TBI Model System has a new website! It's called the **Brain and Spinal Health Hub**. This site offers info for:

- People with brain or spinal injuries
- Their families
- Doctors and teams who support them



Life After a Teen TBI

Researchers followed teens who experienced a traumatic brain injury (TBI) between ages 16 and 18 and tracked their progress for up to five years after injury.

- 57.5% were in a "Partially Transitioned" group, meaning they were making progress but still needed support with independence, school, work, or relationships.
- 30% were considered "At Risk" for ongoing challenges in major life activities.
- Only 12.5% were fully "On Track" with independent living, productivity, and social relationships.

The study found that 98.5% of those who were already "On Track" remained on track over the five-year period. However, only 16.7% of those in the "Partially Transitioned" group and 6.5% of those in the "At Risk" group improved to become "On Track."

While many teens continue to make progress after a brain injury, a significant number still need support years later. The findings highlight the importance of continued rehabilitation, community resources, and family support to help young people achieve greater independence, build relationships, and participate fully in everyday life.

[Click here to view the article!](#)

Virginia TBI Model System

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If you would like to continue to receive the paper version of the newsletter, please let us know!

For all listserv and for paper newsletter requests, email us at:
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EXPLORE THESE WEBSITES FOR MORE UPDATES FROM
OUR CONTINUUM OF CARE:

TBIMS.VCU.EDU | SAI.REHAB | BIAV.NET | MSKTC.ORG



Virginia's Social Drivers of Health Network

The following list of needs link to service providers that are dedicated to supporting folks with brain injury and their families across Virginia.

- **Housing:** SPeaco@supportworkshousing.org or call 804 921-3466
- **Food:** <https://feedmore.org/help-line/>
- **Transportation:** <https://virginiannavigator.org/>
- **Medical Care:** <https://www.biav.net/resource-directory/>
- **Medical Insurance:** <https://commonhelp.virginia.gov/>
- **Mental Health:** <https://www.biav.net/resource-directory/business-category/mental-health-professional/>
- **Return to Work:** <https://www.biav.net/resource-directory/business-category/return-to-work-services/>
- **Child Care:** <https://www.childcare.virginia.gov/families/paying-for-child-care>
- **Financial Assistance:** <https://www.ssa.gov/disability>
- **Utility Bill Relief:** <https://www.dss.virginia.gov/relief/ea/>
- **Legal services:** <https://www.biav.net/resource-directory/business-category/attorney/>
- **Urgent Needs:** <https://help1rva.org/>
- **Gas:** <https://211virginia.org/> (for work, interviews, and/or medical appointments)

Community Support Groups

Aphasia Support Group

For Monthly Meetings, Contact:

community.engagement@sai.rehab

Caregiver Support Group

Visit the link for upcoming meetings:

<https://shelteringarmsinstitute.com/caregiver-support-group/>

BIAV Online and In Person Monthly Support Groups and Network Events

Visit **info@biav.net** for updates

Community Brain Injury Services Caregiver Support Group

When: 2nd Thurs. of month, 6:00 pm
Where: 12725 McManus Blvd. Ste. 2E Newport News, VA 23602
Contact: **The Denbigh House: 757-833-7845**

Clubhouse Program for People Living with Brain Injury

Call **804-261-7050**

Virginia Budget Brings Hope for People With Brain Injuries and Their Families

There is good news for Virginians living with traumatic brain injuries (TBI) and the families who care for them.

Virginia's recent budget includes funding to expand brain injury services, including support for a Brain Injury Waiver and new neurobehavioral and neurorehabilitation programs. These services are designed to help people with brain injuries receive specialized care and live more independently.

This is important because many families provide daily support with medications, appointments, transportation, and other caregiving responsibilities. Expanded services could help reduce caregiver burden while improving outcomes for individuals with TBI.

Why This Matters

- More specialized brain injury services may become available.
- Families may receive additional support and resources.
- People with TBI could have greater opportunities to live and thrive in their communities.
- Virginia is continuing to strengthen its system of care for individuals with brain injuries.

Need Help?

- Virginia Department for Aging and Rehabilitative Services: <https://www.vadars.org>
- Brain Injury Association of Virginia: <https://www.biav.net>
- Virginia Medicaid (DMAS): <https://www.dmas.virginia.gov>
- Virginia 2-1-1 Community Resources: <https://www.211virginia.org>

Virginia's latest budget investments are a positive step toward better care, stronger supports, and more hope for individuals with traumatic brain injuries and the families who care for them every day.

Additional Resources for Return to School & Academic Success After TBI

- **[MSKTC: Returning to School After Traumatic Brain Injury](#)**
- **[BrainLine: Returning to school after TBI](#)**
- **[Brainline: Accomodations Guide for Students with Brain Injury](#)**
- **[BrainLine: The Student with a Brain Injury: Suggestions for Success in Higher Education](#)**
- **[BrainLine School & Education Resource Hub](#)**

Please visit **tbims.vcu.edu** to access back issues of our newsletter !



DO YOU PROVIDE CARE FOR SOMEONE WITH A DISORDER OF CONSCIOUSNESS*?

DOC 101: A GROUP FOR CAREGIVERS OF SEVERE BRAIN INJURY SURVIVORS



FREE EDUCATION & PEER SUPPORT GROUP

- Open to individuals in the United States who have been providing care to someone with a DOC for at least one year Facilitated by
- Vanderbilt University Medical Center (VUMC) mental health providers



12-week group



Tuesdays
4:00-5:15pm CST



Meets virtually
over Zoom

WHY JOIN?

- Learn about topics that are important to caregivers of people with a DOC
- Connect with and receive support from caregivers and mental health professionals
- Recognize that you are not alone in your experience

*WHAT IS A DISORDER OF CONSCIOUSNESS?

A DISORDER OF CONSCIOUSNESS(DOC)
IS A CONDITION THAT FOLLOWS

A SEVERE BRAIN INJURY.

PEOPLE WITH DOC HAVE NOT
RECOVERED THE ABILITY TO
COMMUNICATE OR MAKE DECISIONS.
THEY REQUIRE A CAREGIVER TO ASSIST
WITH ALL PHYSICAL, EMOTIONAL, AND
COGNITIVE NEEDS.

**FOR MORE
INFORMATION, EMAIL:**

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and SURVIVORSHIP (CIBS) CENTER