



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



Virginia Brain Injury Council Releases 2024 Housing Workgroup Report

by Kelli Talley, PhD, OTR/L

Research Highlight: Brain Injury, Housing Instability, and Tobacco Use

by Katherine Abbasi, MA

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Supportive housing for people with brain injury (BI) requires innovative solutions to prevent homelessness. In 2021, the Virginia Brain Injury Council established a task force to tackle this issue. Their 2024 report details steps needed to increase housing for people living with BI. The task force made these recommendations:

- Form a Department of Aging and Rehabilitative Services strategic plan to create permanent supportive housing
- Define a service model and enact best practices for housing development and support services.
- Create and execute a trial program to offer housing and support services.
- Gather data and pinpoint missing elements about housing and support services. Screen homeless individuals with BI, working with the Brain Injury Association of America and the Brain Injury Alliance of Virginia.
- Establish partnerships with Virginia Housing, and the Departments of Medical Assistance Services and Behavioral Health and Developmental Services to expand affordable housing

Researchers did a study about brain injury and smoking habits in youth and young adults with housing instability. They found that a significant number of the participants who smoked and were homeless had experienced a TBI prior to regular use of tobacco.

Study findings highlight the need for further research into brain injury prevention, its subsequent impacts, and provision of services for people with brain injury.

- [Click here to read more about this study!](#)
- [Click here to learn more about referrals for housing assistance, domestic violence resources, SSI/SSDI, and suicide prevention.](#)
- [If you or someone you know needs help with smoking cessation, visit here.](#)

Access the full report by [clicking here](#).



EXPLORE THESE WEBSITES FOR MORE
UPDATES FROM OUR CONTINUUM OF CARE:



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



Tips for Lowering Utility Bills

Feeling the sting of utility bills? Time to outsmart them and keep that cash where it belongs - in your pocket! Here are tips to keep those bills as low as they can go:

- Swap those old bulbs for LED ones.
- Change your showerhead to a water-saving model.
- Keep an eye on the thermostat and only adjust when necessary.
- Let your dishwasher run only when it's full and air dry your dishes.
- Use your microwave instead of your oven.
- Keep your dryer's lint trap clean.

Community Support Groups

RVA Aphasia Group

Monthly Meetings

Contact: rvaaphasiagroup@gmail.com for upcoming monthly meeting information

Coffee and Conversation Group

Contact: rvaaphasiagroup@gmail.com for upcoming coffee and conversation groups

BIAV

Online Caregiver Group

Virtual meeting for caregivers who live in VA.
When: 1st Wednesday of the month, 6:00 pm
Contact: info@biav.net or 804-355-5748 ext. 102.

Online Support Group for people living with BI, family and friends

When: 4th Tuesday of the month, 6:00 pm
Contact: info@biav.net or 804-355-5748 ext. 102.

In-Person Support Group

When: 3rd Monday of the month, 6:00 pm
Where: Willow Lawn area of Richmond
Contact: info@biav.net or 804-355-5748 ext. 102
(Advanced registration is required).

Community Brain Injury Services

Caregiver Support Group

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

Community Connection: Virginia Supportive Housing Program

By: Kate McCarthy and the Virginia Supportive Housing TBI Team

What Virginia Supportive Housing Program resources are available for people with TBI?

- A supportive community housing program for low-income individuals living with a brain injury
- Brain injury specific case management for those who experience homelessness or are at-risk of housing instability.
- One-on-one case management by either a Certified Brain Injury Specialist or a Qualified Brain Injury Service Provider to assess needs.
- Person-Centered services to assist program participants with what they want to work towards and achieve.

How can I learn more about this program or get involved?

- Contact Stephanie Peaco, Program Manager, at (804) 921-3466 or speaco@virginiassupportivehousing.org.
- Request an information packet with criteria for community homes, as well as a housing application
- Request an information packet for stand alone case management services.

What drives Virginia Supportive Housing Program staff to do this work?

- We believe that housing is a right for everyone and not a privilege. We want to educate decision makers and advocate for housing support for people with brain injury.
- We like working with people with brain injury and their families because they work incredibly hard each day. We know that brain injury can be an invisible injury that others do not see or understand.
- We want to help program participants get new information or skills, and be as independent as possible.
- We want to work along side participants to reach their goals and achieve a better quality of life.

Brain Games for Fun!

Check out the games highlight for some fun exercises to engage your brain



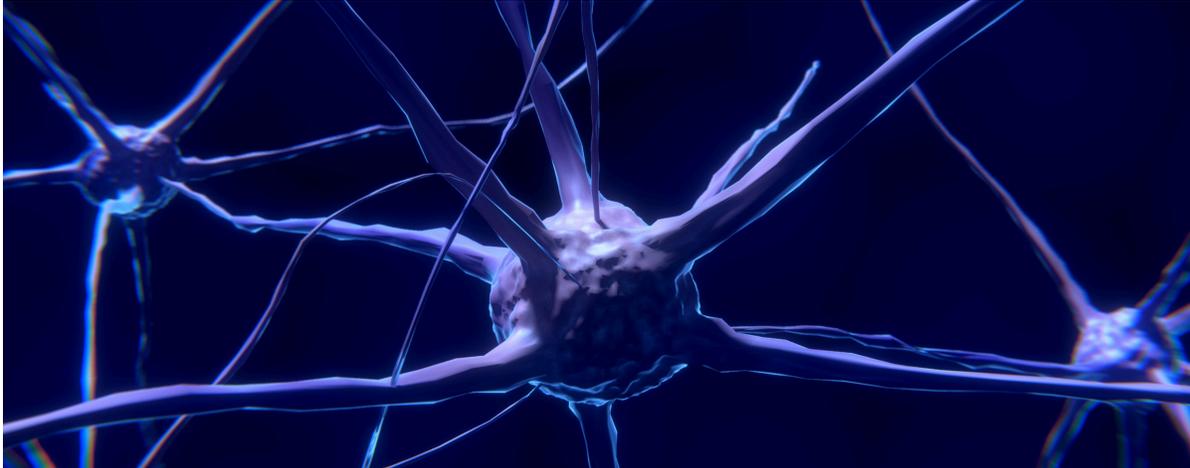
SCAN ME

Website: <https://freegames.org/>

How to use a QR Code:
Open your smart phone camera and center the QR code. A link should pop up on the camera screen. Click this link to be directed to our puzzle page.

Visit tbims.vcu.edu to access back issues!

News from the Brain Injury Association of America (BIAA): Centers for Medicare and Medicaid Services (CMS) Recognizes Brain Injury as a Chronic Condition



Exciting news for the brain injury community from BIAA! Here's what has happened in 2024 and what's to come!

In July, the Centers for Medicare and Medicaid Services (CMS) formally recognized traumatic brain injury as a chronic health condition.

What this means:

Beginning in January of 2025, people with brain injury will be eligible for a chronic special needs plan (C-SNPs) through CMS's Medicare Advantage program.

Recognition of brain injury as a chronic condition now has the potential to provide additional public health resources focusing on the long-term effects of brain injury on daily life.

Health insurance plans, primarily Medicare and Medicaid, will now give additional benefits and supports to people with brain injury, similar to what is provided to people with other types of chronic conditions.

Importantly, the formal recognition of traumatic brain injury as a chronic condition will bring awareness of the disability into the public view and will increase understanding of the impact of long-term effects in the lives of an estimated 5 million Americans.

[Click here to read the full article on the BIAA website!](#)

For additional information, please click the links below:

[The Federal Register added TBI to the list of chronic conditions](#)

[BIAA published a position paper requesting designation of TBI as a chronic condition](#)

[BIAA calls for brain injury to be recognized, treated, and covered as a chronic condition](#)

[Researching brain injury and its Chronic Effects](#)
