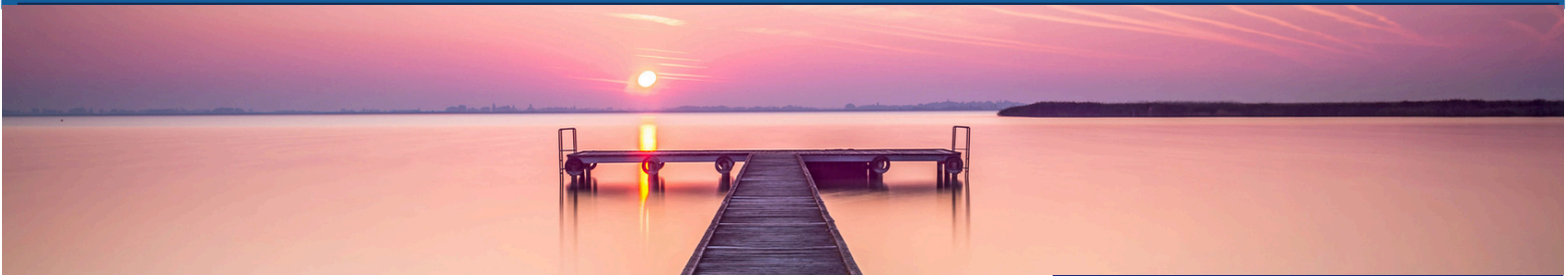




## RESEARCH NEWS, HEALTH TIPS, AND COMMUNITY RESOURCES FROM THE VIRGINIA TBI MODEL SYSTEM



### News from NASEM: Brain Injury as a Chronic Condition

On March 11<sup>th</sup> - 12<sup>th</sup>, The "Examining Traumatic Brain Injury as a Chronic Condition" workshop explored the lasting effects of TBI and the need for better care. Experts, caregivers, and individuals with TBI discussed new research, treatment strategies, and improved support systems.

#### Key Topics Covered:

- TBI as a Chronic Condition: Many experience long-term symptoms, requiring ongoing care.
- Risk Factors & Co-Occurring Conditions: Mental health challenges and factors influencing long-term effects.
- Improving Care & Access: Addressing healthcare gaps and insurance limitations for TBI survivors.
- Family & Caregiver Support: The importance of caregiver inclusion and resources in recovery.
- Future Research & Policy Needs: Calls for better clinical guidelines, data collection, and expanded services.

The workshop underscored the urgency of continued research and policy changes to ensure lifelong care for TBI survivors.

**[Click here to learn more!](#)**

### Emergency Preparedness Checklist for People with TBI and/or SCI

Emergencies like natural disasters, fires, or medical crises can happen at any time. If you have a moderate to severe traumatic brain injury (TBI) or spinal cord injury (SCI), it's important to plan ahead to stay safe. Here's a quick guide to help you prepare:

- Contacts: Keep a list of key people.
- Supplies: Have at least three days' worth.
- Medical & Transport: Know emergency services and accessible options.
- Evacuation: Plan safe exits and shelter access.
- Keep in touch: Tell neighbors about your needs.
- Stay Updated: Sign up for alerts and check weather.

Preparation ensures safety in emergencies!

**[Click here to view and print the full checklist!](#)**

### 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:  
**[tbi.modelsystem@vcuhealth.org](mailto:tbi.modelsystem@vcuhealth.org)**

The contents of TBI Today were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPTB0021). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of TBI Today do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.

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](#)
- [Food](#)
- [Transportation](#)
- [Medical Care](#)
- [Mental Health](#)
- [Return to Work](#)
- [Childcare](#)
- [Financial Assistance](#)
- [Utility Bill Relief](#)
- [Legal services](#)

## Community Support Groups

### RVA Aphasia Group

#### Monthly Meetings

Contact: [rvaaphasiagroup@gmail.com](mailto:rvaaphasiagroup@gmail.com) for upcoming monthly meeting information

### Coffee and Conversation Group

Contact: [rvaaphasiagroup@gmail.com](mailto:rvaaphasiagroup@gmail.com) for upcoming coffee and conversation groups

### BIAV

Online and in person support network events each month.

Info: [Visit the website for updates](#)

Contact: [info@biav.net](mailto:info@biav.net)

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

Info: [Visit the website for updates](#)

Contact: [info@biav.net](mailto:info@biav.net)

### 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

Clubhouse Program for people living with Brain Injury

Info: [Visit the website to learn more](#)

Contact: [804-261-7050](tel:804-261-7050)

## 2025 Update from the Virginia Department for Aging and Rehabilitative Services (DARS)

The Virginia Department for Aging and Rehabilitative Services (**DARS**) plays a vital role in helping Virginians with disabilities and older adults live more independently and fully participate in their communities.

### What Does DARS Do?

- Vocational Rehabilitation Services: DARS helps individuals with disabilities prepare for, find, and maintain employment through personalized support and training programs. Learn more about these services [here](#).
- Aging Services: DARS connects older adults with local resources to support healthy aging, safety, and independence.
- Disability Services: The agency offers a wide range of programs for people with physical, sensory, and cognitive disabilities, including assistive technology, autism services, and support for the deaf and hard of hearing.
- Community Partnerships: DARS works with schools, employers, and healthcare providers to ensure inclusive opportunities and services across Virginia.

### Why It Matters:

DARS empowers individuals to:

- Gain meaningful employment
- Access essential services
- Live with dignity and independence

### Learn More:

Visit the official DARS website to explore their programs and find local support: [www.dars.virginia.gov](http://www.dars.virginia.gov)



## 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](http://tbims.vcu.edu) to access back issues!




**JOIN THE**

**BRAIN INJURY ASSOCIATION OF AMERICA AND  
THE CONGRESSIONAL BRAIN INJURY TASK FORCE**


# **CAPITOL HILL DAY**

**TBI Model System Participants and Caregivers,  
You Are Invited To Speak:**

- Give insights and outcomes
- Share participation experiences
- Connect with others
- Speak about the TBIMS impact
- Highlight the need for support

 04:30 -05:30 PM

 JUNE 11, 2025

 Capitol Hill  
Washington, D.C.

**EMAIL DENVER SUPINGER:  
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