

Where can I find support for a traumatic brain injury?

Caring for a loved one recovering from a head injury is a selfless act, but it's also challenging – and at times, even overwhelming.

Chances are you have a lot more questions than answers. The Utah Traumatic Brain Injury (TBI) Fund can help. The TBI Fund offers free assistance to people living with TBIs and their families. The TBI brain injury experts understand the challenges you and your loved ones are facing as an individual with a TBI and as a caregiver. They help you find the information and resources you need to best support your loved one's definition of success.

To connect with the TBI Fund email tbi@utah.gov.

We all have unique brains, which means that injuries to this vital organ will affect each of us differently.



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Why am I being screened for a brain injury?

Tough times don't last;
tough people do.



Why was I screened for brain injury?

Brain injury can be a chronic condition. You or your loved one may experience problems as a result of having a traumatic brain injury (TBI) such as mental health or substance abuse, unemployment, corrections involvement, or homelessness. Screening for brain injury is a best practice for individuals served in health, community, and juvenile justice services and programs.

What is a brain injury?

A brain injury is when there is a change to how your brain normally works due to a bump, blow, or jolt to your head. Brain injuries can also occur if your brain does not get the oxygen or blood it needs, like when someone strangles you or does something that restricts with your breathing. Sometimes the change is temporary and sometimes it lasts longer.

What is the benefit of screening?

When brain injuries are not identified, symptoms may be mistaken for other health or behavioral conditions. When this occurs, appropriate treatment and symptom management is being missed. A brain injury screening can help you in seeking appropriate services and supports. It can help you and your providers to identify accommodations to help you manage your symptoms.

Wouldn't I know if I had a brain injury?

Not everyone realizes they have a brain injury, even when the symptoms impact their daily lives. You may never connect that the problems you or a loved one are dealing with may be due to a blow to the head, even one that occurred years earlier.

What does it mean that I screen positive?

A brain injury screening can't diagnose you with a brain injury, but it can help you know if you need further testing or help. It helps you know what your lifetime exposure of head injuries is and can estimate the likelihood that symptoms you may have resulted from a brain injury. Experts with the TBI Fund are here to help you and your loved ones. For more help, contact us at tbi@utah.gov.

Does having a brain injury change who I am?

Just as with any lifetime condition, having a brain injury does influence some parts of how you can interact with the world and function day-to-day. However, it is important to remember that you are much more than your injury or illness. For example, you wouldn't define someone with diabetes only as a diabetic and not as a person, because there is much more to what makes them who they are. While it may be true that you are living with the effects of brain injury, what is more important is that you are living! You are constructing a complex life full of interesting experiences and people. Your brain injury cannot and will not define you, as long as you continue to define yourself.

We all have unique brains, which means that injuries to this vital organ will affect each of us differently.