



A – Anterograde Amnesia is the inability to consolidate information about ongoing events; difficulty with new learning.

B – Behavioral changes after brain injury can include; irritability, mood swings, depression, and anxiety.

C – Card games can help regain memory and the NDBIN playing cards have fun facts about brain injury.

D – Diffuse brain injury is injury to cells in many areas of the brain rather than in one specific location.

E – Education & Employment Returning to school or work after brain injury can be difficult but accommodations and assistance can help.

F – Fatigue is the most common complaint after brain injury. Living with a brain injury requires extra energy.

G – Glasgow Coma Scale (GCS) is the most common tool to measure the level of consciousness and severity of brain injury.

H – Hearing loss can result from damage to the ear structure or in the way sound is processed in the brain known as CAPD (Central Auditory Processing Disorder).

I – Impulse control can be a result of damage to the brain, specifically in the frontal lobe.

J – Judgement can be impacted by BI, impairing the ability to know the dangers of certain activities and to make the right decisions.

K – Knowledge about brain injury is important for the survivor as well as family, friends, and caregivers and can provide understanding of what brain injury is and how to cope.

L – The brain is divided into four separate **lobes** that work together as the brain's control center.

M – Music therapy can help with cognitive, sensory, and motor dysfunction.

N – Neuroplasticity is the brain's ability to adapt and change.

O – Optometrists exam, diagnose, and treat eye and vision problems.

P – Patience is important when recovering from a brain injury and working with brain injury survivors.

Q – Quality of life is a person's overall well-being and enjoyment of life.

R – Rehabilitation after brain injury takes time and is often a lifelong process.

S – Speech-language pathologists can diagnose and treat memory, cognition, and language difficulties after brain injury.

T – Types of brain injury-There are three types of brain injury: mild, moderate, and severe.

U – Many brain injuries go **unreported** because medical attention is not sought. Often concussions or mild TBI's go unreported.

V – Vocational rehabilitation can assist with school expenses, gaining, and retaining employment, and help advocate for employment related supports.

W – Wernicke's aphasia is difficulty comprehending speech, their speech is fluent but empty. Wernicke's area is located inside the temporal lobe.

X – X-rays can only show skull fractures after a brain injury, a CT scan is needed for showing bleeding or swelling of the brain.

Y – Yoga can help strengthen the connection between our mind and body and has been shown to have psychosocial, cognitive, and physical benefits after brain injury.

Z – Amy Zellmer is a TBI survivor, advocate, author and producer of a podcast series, editor and keynote speaker.