

## How to Find What You Need!

Looking for information related to traumatic brain injury and not sure what it is or where to find it? We've all been there at one time or another. Lucky for us we live in a time of information everywhere. It's all around us, but where do we start and what do we look for? The mission of this newsletter is to help you begin your search for information.

The tools available to you are endless. The easiest way to find out information is to ask. Ask a friend, your neighbor, your family, your therapist, your doctor, your teacher, your librarian, your pharmacist, your local Social Security office, your telephone directory assistance operator, other people with a traumatic brain

injury...the list is endless.

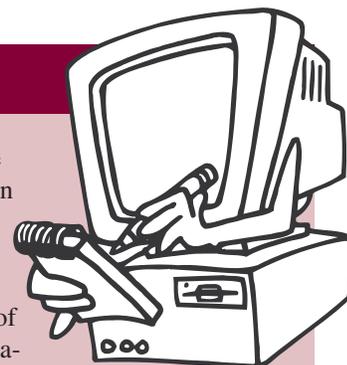
The key to seeking information is to NOT give up. If the first person you ask does not have the answer, try someone else. The more people you talk to, the more opportunities for information will open up to you. Some people call this process "networking".

This newsletter will suggest many options for finding information. Not all of them will work for you every time or in every situation. Use the information like you would a reference book. Refer to it, keep it handy or tell someone else about it. You never know when you might be the person someone comes to for information.

### COMPUTERS AND THE INTERNET

You may not have your own computer, but don't let that stop you. Many libraries offer computers for you to use. Ask the librarian to help you get started. The Internet has made it much easier to find information. Begin by using a "Search Engine". That is like using a telephone operator. There are many. One you may have heard of is Google. Type in [www.google.com](http://www.google.com) in the address line and then type in what you want to

search for when the Google page comes up. Have some fun, type in whatever you want to know about. What you will get is a list of web sites that talk about your subject. The following are a list of web sites to start with for information about traumatic brain injury (TBI).



RRTC on Community Integration of Persons with TBI at TIRR  
 Brain Injury Association of American  
 Brain Injury Association of Texas  
 Brain Injury Society  
 National Organization on Disability  
 Missouri TBI Demonstration Project  
 TBI Model Systems National Data Center  
 HDI Publishers Brain Injury Books  
 Lash and Associates (for TBI in children and adults)  
 National Family Caregivers Association  
 RRTC on Interventions for persons with TBI

[www.tbicommunity.org](http://www.tbicommunity.org)  
[www.biausa.org](http://www.biausa.org)  
[www.biatx.org](http://www.biatx.org) (English only)  
[www.bisociety.org](http://www.bisociety.org) (English only)  
[www.nod.org](http://www.nod.org) (English only)  
[www.tbimo.org](http://www.tbimo.org) (English only)  
[www.tbindc.org](http://www.tbindc.org) (English only)  
[www.braininjurybooks.com](http://www.braininjurybooks.com) (English only)  
[www.lapublishing.com](http://www.lapublishing.com) (English only)  
[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) (English only)  
<http://www.mssm.edu/tbicentral> (English only)

These are just a few sites and not everything that is available. Please check the "links" section of each of these sites for additional resources.

## NEWSLETTERS

Newsletters are a great source of information. A newsletter often comes out several times a year with different subjects covered in each issue. Newsletters can be saved to be looked at later or shared with friends and family. Many newsletters come to you for free, others charge a small fee

to help cover paper and postage and still others come if you join an organization. The newsletters listed here are available on-line as well as by mail. Several of the sites listed under "Computers and the Internet" offer newsletters some of which are listed below as well as others.

**TBI Community News** from RRTC Community Integration of Persons with TBI at TIRR in Houston, TX, 800-734-8590 or [www.tbicommunity.org](http://www.tbicommunity.org)

**TBI Newscaster** from Spaulding Rehab in Boston, MA, 617-573-2456 or [www.spauldingrehab.org/TBIMS](http://www.spauldingrehab.org/TBIMS)

**TBI Today** from Virginia TBI Model System in Richmond, VA, 804-828-8797 or [www.tbi.pmr.vcu.edu/newsletters](http://www.tbi.pmr.vcu.edu/newsletters)

**TBI Updates** from University of Washington, in Seattle, WA, 206-543-3600 or

<http://depts.washington.edu/rehab/tbi/newsletters.html>

**New York TBI Model System News** at Mount Sinai in New York, NY, 212-659-9372 or [www.mssm.edu/tbicentral](http://www.mssm.edu/tbicentral)

## PHONE NUMBERS

The telephone is always an option for locating information. Calling a toll-free 800 number is the least expensive route to go. The downside of using the telephone is the possibility of being put on hold for long periods of time or having to work your way through a series of recorded options, that can be confusing. The good part about using

the telephone is that most everyone has access to one and you usually get to speak with a real person. You might want to make a list of questions before calling so you are clear about what you want to know. Also have a paper and pen handy in case the person on the other line gives you another number or person to call.

Family Help Line, Brain Injury Association of America	1-800-444-6443
Americans with Disabilities Act (ADA) Information line	1-800-949-4232
RRTC on Community Integration of Persons with TBI and National Database of Educational Materials for TBI	1-800-734-8590
National Institute on Disability and Rehabilitation Research	1-202-245-7640
National Center for the Dissemination of Disability Research	1-800-266-1832
National Rehabilitation Information Center	1-800-346-2742

## THE TBI NATIONAL DATABASE

The National Database of Educational Resources on Traumatic Brain Injury is available to everyone on the internet through our web site at [www.tbicommunity.org](http://www.tbicommunity.org). This National Database contains information on more than 400 videos, booklets, pamphlets, and manuals. These materials have been developed around the country, and they address

a wide variety of subjects specific to traumatic brain injury. You can search the database by subject category, language, cost, date of production or keyword. For example, you can ask only for everything that is in Spanish or for only everything that is free. A few of the subject categories are:

TBI overview	Return to Work
Mild TBI	Computers and Adaptive Equipment
TBI in Children	Psychological and Social Issues
Cognitive and Memory Functioning	Sexuality and Marriage
Education and School	Recreation and Exercise
Medical Management	Financial Issues

If you do not have access to the internet, you may call or write and request a FREE database search on two subject areas of your choice. We will do the search for you and send it to you by email, postal mail or fax. The phone number is 713-797-5947 and the address is TIRR Library, 1333 Moursund, Houston, TX 77030-3405