



# Traumatic Brain Injury

*“It may not be easy, and it might take sustained effort, but we have the ability to ‘remodel’ our brains at any age in ways that can help us to function better.” -Courtney Ackerman*

Traumatic brain injury (TBI) is damage to the brain caused by an injury that changes the way the brain normally works. Severe TBIs usually have long-lasting effects.

Severe TBIs can cause temporary or permanent impairments in:

- memory and attention, coordination, balance, and mobility
- language and communication skills, hearing, vision, touch, smell, and taste
- emotions, resulting in depression, anxiety, aggression, poor impulse control, and personality changes

Severe TBIs can affect all aspects of life, including:

- relationships with family, friends, classmates, teachers, caregivers, and others
- learning and participation in school and other activities

## **Tips for interacting with persons who has a TBI:**

- Reduce distractions in the environment.
- Break tasks down into small steps.
- Repeat and review assignments and have students write them down.
- Provide a checklist of tasks to complete each day.
- Give extra time for assignments.

## **References**

- 20 Quotes for Understanding Brain Injury & Staying Motivated During Recovery: [flintrehab.com/understanding-brain-injury-quotes/](http://flintrehab.com/understanding-brain-injury-quotes/)
- Severe Traumatic Brain Injury factsheet, Nemours KidsHealth: [kidshealth.org/en/parents/tbi-factsheet.html](http://kidshealth.org/en/parents/tbi-factsheet.html)
- Videos: Traumatic Brain Injury Tips and Strategies, Colorado State University: [chhs.colostate.edu/ccp/resources/hope-speaks/videos-tbi-tips-and-strategies/](http://chhs.colostate.edu/ccp/resources/hope-speaks/videos-tbi-tips-and-strategies/)