

# Traumatic Brain Injury

## Resource Bundle

for **American Indians**

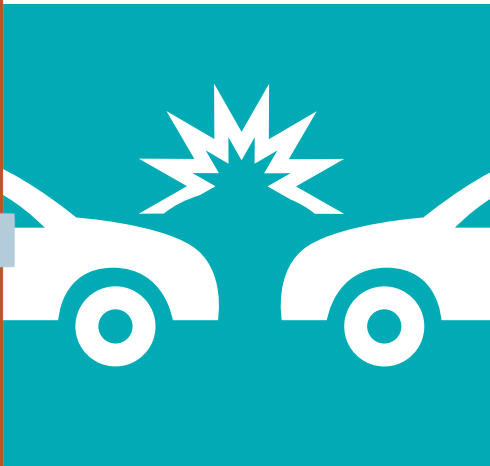
## Understanding Traumatic Brain Injury

### What is a traumatic brain injury?

A **traumatic brain injury (TBI)** is damage to the brain caused by an outside physical force.

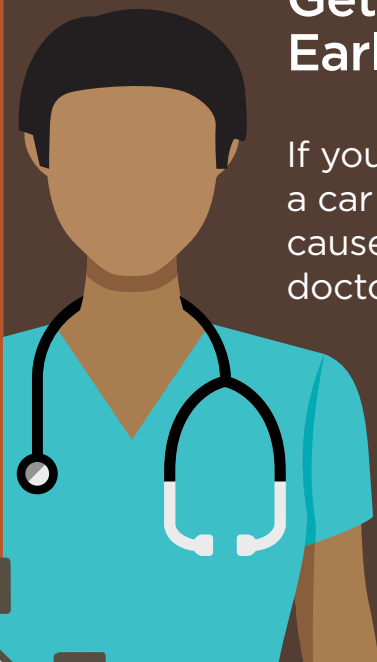


Main causes of TBI include **car crashes, falls, and violence.**



### Get Treatment Early

If you experience a fall, a car crash, or any of the causes of TBI, see your doctor **right away!**



### Levels of TBI Severity

**Severe**

Loss of consciousness for **over 24 hours**

**Moderate**

Loss of consciousness from **30 minutes to 24 hours**

**Mild**

Brief (**less than 30 minutes**) or no loss of consciousness.

## Recovery and Impact

Most mild TBI symptoms resolve within a few hours, days, or months. In the first 6 months after a moderate to severe TBI, people may improve quickly. But they may have permanent changes in their behavior and abilities. These include:



### Physical problems

- Problems with balance
- Reduced coordination
- Fatigue
- Problems with sleep




### Cognitive problems

- Trouble paying attention, concentrating, and remembering new information
- Becoming confused easily
- Speaking or thinking more slowly



### Emotional or behavioral problems

- Irritability and mood swings
- Lack of motivation
- Lack of energy
- More dependent on others



People can learn how to manage the physical, emotional, and behavioral problems caused by TBI. Rehabilitation, therapy, and other supports can help.

**Source:** The infographic was adapted from Understanding TBI developed by Thomas Novack, PhD and Tamara Bushnik, PhD in collaboration with the Model Systems Knowledge Translation Center (<https://msktc.org>).

**Disclaimer:** This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of the infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0008). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.

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