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 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

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

**TBI Newscaster** from Spaulding Rehab in Boston, MA, 617-573-2456 or www.spauldingrehab.org/TBIMS

**TBI Today** from Virginia TBI Model System in Richmond, VA, 804-828-8797 or 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

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 1-800-734-8590
- National Database of Educational Materials for TBI
- 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. 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
- Mild TBI
- TBI in Children
- Cognitive and Memory Functioning
- Education and School
- Medical Management
- Return to Work
- Computers and Adaptive Equipment
- Psychological and Social Issues
- Sexuality and Marriage
- Recreation and Exercise
- 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.