

BIAIA Events and Support

Trainings, support groups, and other opportunities are highlighted on our [Facebook](#), [LinkedIn](#), and in the [BIAIA Events](#) tab on our website.



**Brain Injury
Fundamentals**

 **4 week course beginning
October 6th, 2022**

 **Thursdays 1P-3P**

 **Register on our website!**
Limited "Seating" in this virtual session

www.biaia.org | 855-444-6443 | info@biaia.org

The development of this project is supported through the Brain Injury Services Program (BISP) of Iowa, through contract 18030012 with the Iowa Department of Public Health (IDPH). The contents are the sole responsibility of the authors and do not necessarily represent the official views of IDPH.



Scholarships Available for Iowans to Attend National Brain Injury Conference



[The Iowa Department of Public Health's Brain Injury Services Program](#) is offering scholarship opportunities to individuals who work or reside in Iowa to attend the National Association of State Head Injury Administrator's (NASHIA) 33rd Annual State of the States (SOS) in Head Injury Conference.

Applications are due August 22, 2022 at noon

[Apply Here](#)



Advocacy: There is Still Time to Provide Input on Iowa's Community- Based Services

Iowans can share their experiences with community-based services in a feedback form. The [form](#) will accept responses through **August 31**.

[Learn More](#)

Assistive Technology: Easterseals AT Makers Conference



"This hands-on maker workshop will discuss, demonstrate, and provide opportunities to create at least five various Assistive Technology solutions. In addition, participants will receive hands-on experience working with various materials such as specialty tapes and corrugated plastics."

[Learn More](#)



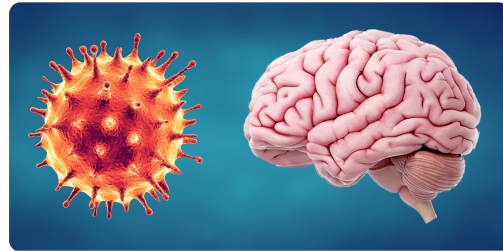
Caregivers: Five Things to Consider When Setting Up a Special Needs Trust

[Read the Article](#)

August is ABLE to Save Month, a nationwide campaign recognized each August, by spreading the word about IABLE. “Financial freedom is a goal most everyone hopes to achieve in their adult life. However, some individuals, like those living with disabilities, face more barriers than others. That’s what IABLE is all about – helping them break through those barriers and become financially independent.”

[Learn More About IABLE](#)

Less Long Covid With Omicron Variant Compared to Delta Variant



"The risk for long COVID decreased in patients infected with the Omicron variant of SARS-CoV-2 (B.1.1529) compared with the Delta variant, according to findings published in the *Lancet*."

[Read the Article](#)

Struggling with Long Covid? Contact us to get connected with a Neuro Resource Facilitator. According to the [CDC](#) there are several neurological symptoms including:

- Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
- Headache
- Sleep problems
- Dizziness when you stand up (lightheadedness)
- Pins-and-needles feelings
- Change in smell or taste
- Depression or anxiety

Senate Passes TBI and PTSD Law Enforcement



Training Bill

"The bill authorizes funding to train first responders; crisis intervention teams; mental health courts; and other programs that help law enforcement to assist individuals experiencing TBI, PTSD or acquired brain injury (ABI). The bill also requires a new Centers for Disease Control and Prevention (CDC) study for law enforcement and first responders who may have suffered a TBI in the line of duty."

[Learn more](#)

Stroke Highlight: Under-Recognized Determinants of Cardiovascular & Brain Health



"The report found social isolation and loneliness are most strongly linked to heart disease and stroke, with a **29% increased** risk for heart attack and/or death from heart disease and a **32% increased** risk for stroke."

[Learn More](#)



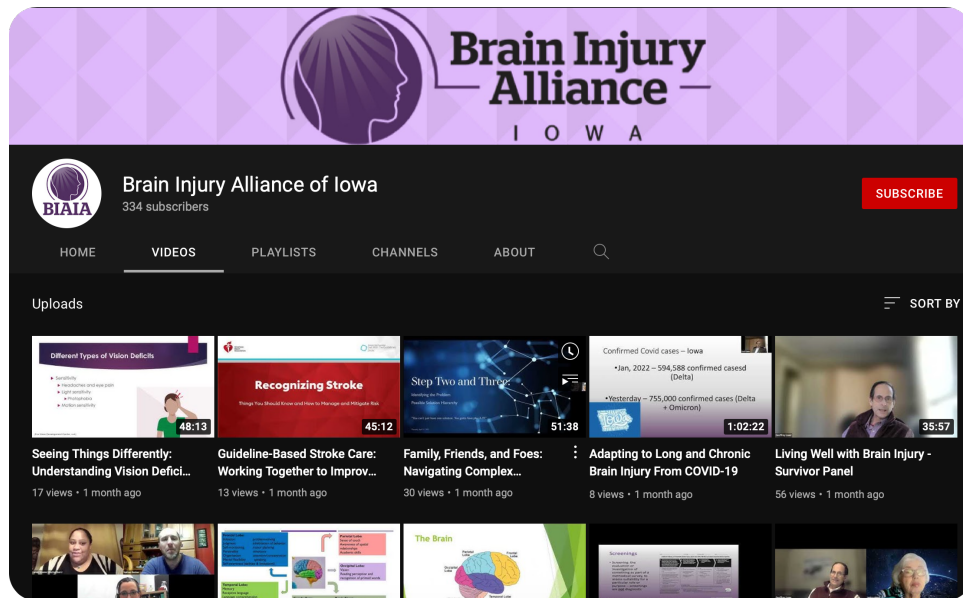
Why Thinking Makes You Tired

"Extended intense cognitive work causes potentially toxic byproducts to build up in the prefrontal cortex. This alters control over decision-making, causing

a shift toward low-cost actions that require less effort as cognitive fatigue sets in."

[Learn More](#)

Brain Injury Education



Access over **100 educational webinars** on our [Youtube](#) page! Additionally, we offer a Brain Injury Fundamentals course, and other opportunities to stay brain injury informed.

[Webinars](#)

How Are We Doing?



BIAIA Satisfaction Survey



Neuro Resource Facilitation is a fee-free service offered by the Brain Injury Alliance of Iowa to support people with brain injury, their family members, caregivers and community navigate life after brain injury. To reach a Neuro Resource Facilitator please contact **855-444-6443** or email **info@biaia.org**.

Our mission at the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support. Join us on our platforms to obtain the latest and most relevant information pertaining to brain injury.



The development of this project was supported through the Brain Injury Services Program (BISP) of Iowa, through contract 5883BI06 with the Iowa Department of Public Health (IDPH). The contents are the sole responsibility of the authors and do not necessarily represent the official views of IDPH.