

## November is National Caregiver Awareness month

According to the Iowa Department of Aging, family caregivers — daughters, sons, spouses, grandchildren and beyond — are critical to the health and well-being of their loved ones. An estimated 317,000 Iowans are family caregivers, providing \$3.9 billion worth of unpaid care annually. They are the backbone of the state's health care system, but many caregivers don't get the support they need and experience burnout. We know many of these are caring for individuals with brain injury. (information from the Des Moines Register and the Iowa Department of Aging)

Please check out our recent educational webinar: [“When Pain Feels Inescapable: Learned Helplessness and Caregiving.”](#)



## BIAIA Needs Assessment is here!

**Complete the survey for a chance to win an AMAZON gift card!!!**



**43rd Annual Needs Assessment** [CLICK HERE](#)

**Brain Injury Alliance**  
I O W A

**WE NEED YOU!**

Please share your experiences, challenges, and suggestions of how service providers and other professionals in Iowa, including the BIAIA, can best meet **your** needs.

We encourage individuals to ask for accommodations and assistance in completing this assessment as needed.

IOWA HHS

The development of this presentation is supported by contract 5883B06 from the Iowa Department of Health and Human Services (Iowa HHS) Brain Injury Services Program.

## 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.

**We encourage individuals to ask for accommodations as needed!**  
Email [info@biaia.org](mailto:info@biaia.org) or call 855-444-6443 for those requests.

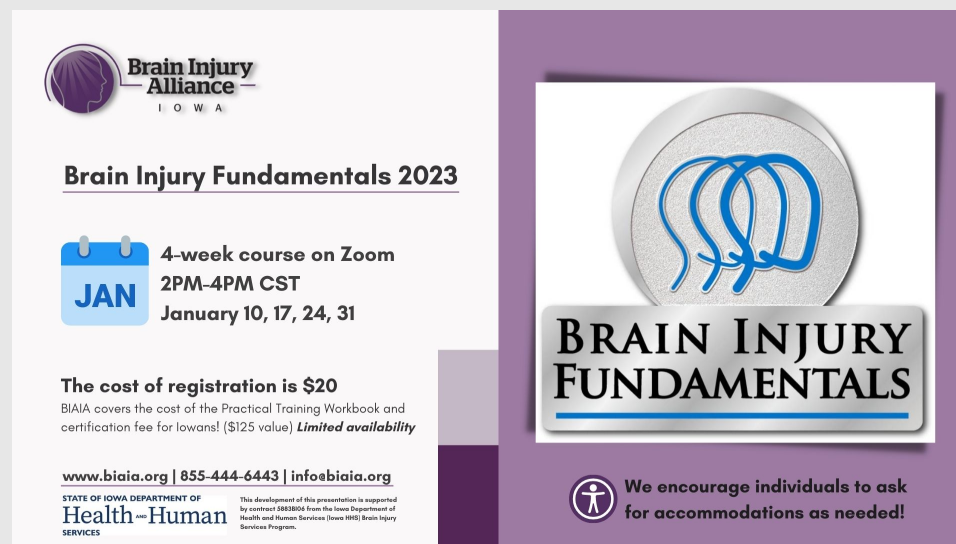
**Upcoming Webinar on  
December 2 at Noon:  
*Evaluating Risk of Brain Injury  
Clients***

*Geoff Lauer will discuss the value of  
discussing areas of risk in the lives  
of individuals with brain injury.*



Register Now

## January Brain Injury Fundamentals Training Course



Register Now

## January - March CBIS Training Course



## Certified Brain Injury Specialist Course



9-Week winter prep course on Zoom  
January 11-March 15, 2023  
Wednesdays 1P-4P CST

Registration Fee \$100 *limited availability*



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[www.biaia.org](http://www.biaia.org) | 855-444-6443 | [info@biaia.org](mailto:info@biaia.org)

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Register Now

## Hill Day in February!

Save the date for our annual day at our state's Capitol BACK IN PERSON, February 16, 2023. More details and registration to come soon.



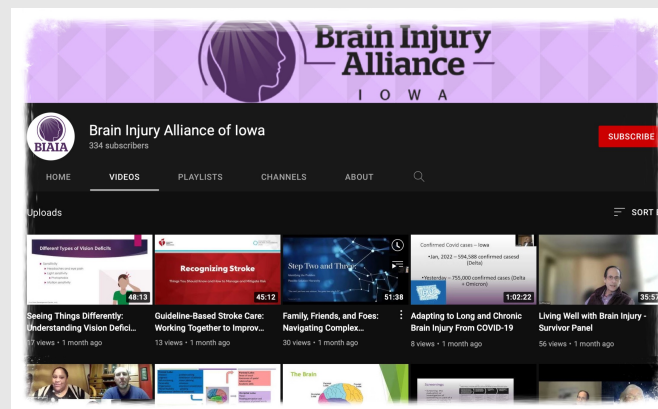
## When the Dust Settles

31st Annual Best Practices in Brain Injury Services Conference

March 2-3, 2023 | Des Moines, IA

## Save the Date for Spring Conference - March 2023

## 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.

## How Are We Doing?

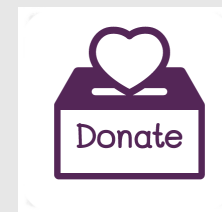


### BIAIA Satisfaction Survey



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.**



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