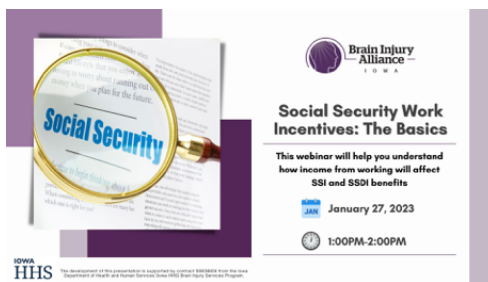


## BIAIA Events and Support

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.**



## Advocacy: 2023 Needs Assessment



Our annual needs assessment is live! Thank you for taking the time to share your feedback! We have already had a record number of responses that will be the catalyst in advocating for change.

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## Assistive Technology: Therapeutic Apps Update



Looking for ways to work on memory, attention, language, and more at home?! This thorough app resource list from Barrow Neurological Institute is a great place to start.

[Learn More](#)



## Caregivers: The Season of Giving

**As a caregiver, the season of giving is daily. It is essential to prioritize your well-being and find ways to give back to yourself!**

"For many caregivers, the holiday season gives rise to stress, frustration, and anger, instead of peace and goodwill.

Caregivers may feel resentful towards other family members who they feel have not offered enough assistance. Managing care for someone who has a cognitive impairment may leave caregivers feeling that they will not be able to participate as fully as they would like in family gatherings. Already feeling overwhelmed with caregiving tasks, stressed-out caregivers may view traditional holiday preparations as more of a drain of precious energy than a joy."

**Can you relate? Check out this article that offers suggestions on how to find more joy in your holiday!**

[Read the Article](#)

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## Covid Updates: Potential New Treatment for “Brain Fog”



Hope is on the horizon as potential treatments for long Covid advance! Doctors have experimented with treating long Covid patients with a combination of guanfacine and N-acetylcysteine (NAC), an anti-oxidant also used for the treatment of TBI. Though the current research is limited, results are promising.

[Learn More](#)



## Life After Traumatic Brain Injury: Driving

"Between 40 and 60 percent of people with moderate to severe brain injuries return to driving after their injury." **Is this a goal of yours?** For safety considerations and more check out this latest fact sheet from *Model Systems Knowledge Translation Center*.

[Learn more](#)

## Stroke Highlight: Holiday Heart



Could it be cold temperatures, more stress, or more sweets? Research indicates **increased heart attack and stroke from December to the New Year**. Read the article or listen to the brief interview from NPR News.

Listen Here

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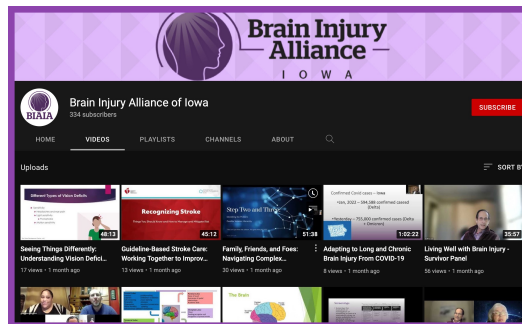
Resource Highlight: [Winter Assistance guide provided by Everystep](#)

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**#braininjuryallianceofiowa #braininjury #whenthe dustsettles2023  
#braininjuryconference #marchmadnessforbraininjury #Blawareness  
#purplethursday #BIAIA**

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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

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## 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](mailto: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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