



# BRAINSTORMING

News you can use from the Brain Injury Alliance of Iowa

Email: [info@biaia.org](mailto:info@biaia.org) | Phone: 855.444.6443



# BIA-IA

*The mission of the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support*

## Find us online!

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## WE'RE HIRING!

### Director of Development

*To apply, please send a cover letter and resume to [applicants@biaia.org](mailto:applicants@biaia.org). To request a copy of the job description, please contact us at 319-466-7455*

Click for More Information

*Join us,*  
**WE'RE HIRING!**

# Upcoming BIAIA Events

**Rescheduled!** - Annual Day on the Hill!

**March 21, 2017**

Please join BIAIA at our Day on the Hill and come speak with your local legislators



[Register HERE](#)

## 25<sup>th</sup> Annual Brain Injury Conference

*Shattering the Myths, Unmasking the Opportunities*

March 1-3, 2017 – Embassy Suites – Des Moines, IA

### March 1

Family & Caregiver Workshop & Resource Fair

*This will be an opportunity to connect with local resources, listen to professionals speak on a wide range of topics, and for you to relax and recharge!*

[Register Here](#)

### March 2 & 3

Main Conference



[Register Here](#)

# Seniors and Brain Injury



“On a moonless summer night my husband fell nine feet from a sleeping loft to the floor and did not die,” writes Alix Kates Shulman. At their remote cabin in Maine, she woke to find her 75-year-old husband lying motionless on the floor below. Although he survived, he suffered injuries that left his brain severely impaired. He was the same – but not the same.

Alix’s husband, Scott, is one of the estimated 1.7 million people who sustains a traumatic brain injury each year. TBI is a special health concern for older adults like Scott. People ages 75 and older have the highest rates of TBI-related hospitalizations and death. They also recover more slowly and die more often from these injuries than do younger people. Falls are the leading cause of TBI. Many of these people will need part-or full-time caregivers.

## **Prevention:**

Many brain injuries are preventable, especially from falls. Here are some strategies for prevention:

*Encourage Exercise:* Exercise is one of the best ways to reduce older adults’ chances of falling. Exercises that improve balance and coordination are especially important, but check with the older

adult’s doctor about which exercise are safest and best for them.

## *Making the home or surroundings safer:*

Remove things from stairs and floors that might cause tripping.

Remove small throw rugs or use double-sided tape to keep the rugs from slipping.

Place items used often within easy reach, so that a step stool is not needed.

Install grab bars next to the toilet and in the tub or shower.

Place non-stick mats in the bathtub and on shower floors.

Add brighter lighting and reduce glare by using lampshades and frosted bulbs.

Be sure there are handrails and lights on all staircases.

Be sure the older adult wears shoes that give good support and have thin, non-slip soles.

Remind loved ones to avoid wearing slippers and socks or going shoeless.

**(continued)**

**Ask the healthcare provider to review all medicines.** Ask the doctor or local pharmacist to look at all the prescription medicines the older adult takes as well as non-prescription drugs like cold medicines and various supplements. As people age, the way some medicines work in the body can change. This could cause a person to feel drowsy or lightheaded, which could lead to a fall.

**Take the person in your care for a vision check.** Make sure an eye doctor checks to be sure eyeglasses are correct and that there are no conditions that limit vision, like glaucoma or cataracts. Poor vision can increase the chance of falling.

### **Aging with a brain injury**

Like death and taxes, aging is inevitable. It will happen to all of us. The good news is that research is proving more and more that the brain has an amazing capacity to change and adapt, even into old age. However, for people with a brain injury, aging can come with additional issues, including the following;

Loss of skills gained in rehab

Increased risk for injuries from falls

Increased risk for other injuries

Increase in medical needs

General decrease in endurance, strength, and range of motion

Increased risk for social isolation

Decrease in independent living skills

### **Seize the day**

No matter what age we are, the best thing to do is to remain focused on staying physically active, socializing with supportive friends and family, getting out and staying involved in the world, and keeping our minds sharp and engaged.

*Check out this story and more on [brainline.org](http://brainline.org), a leading online resource for survivors and caregivers of those with brain injuries.*



## Your feedback on Managed Care is requested!

The Office of the State Long-Term Care Ombudsman and the University of Iowa College of Public Health are conducting a research study to understand the experiences of Medicaid members during the Iowa transition to Medicaid managed care organizations.

If interested in participating, please complete the survey below to determine if you are eligible. **If eligible, you may be contacted by a representative from the Office of the State Long-Term Care Ombudsman to schedule a phone interview.**

**Last day to  
complete is Friday  
February 17, 2017**

**Complete  
Survey HERE**

# Lunch & Learn Webinars

## Assistive Technology to Support Tasks of Daily Living

February 22, 2017

11:30a-12:30p

[Register Here](#)

**Speaker:** Kim Karwal, Rural Rehabilitation and Assistive Technology Center Support Specialist at Easter Seals

*We will explore ways a person's ability to accomplish tasks is impacted after a brain injury, how to diminish barriers to independence, and review the most updated Assistive Technology resources.*

Watch ALL of BIAIA's past webinars our YouTube Channel!



## Thriving After Brain Injury

*Coping skills you can use today!*

### Stress Management: How to Reduce, Prevent, and Cope with Stress

*Stress is a part of life, especially after a brain injury. We can benefit greatly from taking the time to talk about the issue and identify stressors in our lives.*

*“Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun”*



[Read FULL Article Here](#)

# Medicaid Updates



## Upcoming Public Comment Meeting

**February 15, 2017**

5p-7p

Spirit Lake Public Library

706 16<sup>th</sup> St.

Spirit Lake, IA 51360

[Meeting Flyer](#)

The Iowa Department of Human Services will be holding public comment meetings to gather input on the IA Health Link managed care program. Meetings will be held once per month in varying locations throughout Iowa. Each meeting is scheduled for two hours, held in the evening to allow for public transportation availability, and held at the end of the work day.

# Brain Injury Awareness Month

## Governor's Proclamation

### ***March - Brain Injury Awareness Month***

State Capital, Governor's Office

March 2, 2017

4pm

*Anyone is welcome to attend!*

**In honor of Brain Injury Awareness Month, BIAIA encourages everyone to join in the effort of #BIPurpleThursday! Sport your best purple outfits on Thursdays in March and share on social media!**



[#BIPurpleThursday](#)

# March is Brain Injury Awareness Month

Brain injury is the leading cause of death & disability in children and young adults.

A graphic featuring a silhouette of the United States. Inside the outline of the country, there is a small silhouette of a person standing with one hand on their head. To the right of the person silhouette, the number "1,700,000" is displayed in a large, bold font. Below the map, there is a line of text.

This year, 1.7 million Americans will sustain a traumatic brain injury.

A graphic where a heart shape is formed by the silhouettes of many small people standing together. The heart is centered in the frame, and the surrounding area is light gray with some faint silhouettes of people scattered around.

Together we can make a difference in reducing brain injuries

## Learn more at [USBIA.org](http://USBIA.org)

The mission of the United States Brain Injury Alliance is to engage the community in preventing brain injury and improving lives.

#mybraininjury @u\_s\_b\_i\_a



UNITED STATES  
**Brain Injury Alliance**

# February is American Heart Month



Stroke is a leading cause of death in the United States and is a leading cause for brain injury, killing more than 130,000 Americans each year – that is 1 of every 20 deaths.

Learn how to detect and prevent a stroke today!

[Click Here for More Info](#)

## Brain Injury Alliance of Iowa

7025 Hickman Rd Suite 7  
Urbandale, IA 50322

### [Recipient]

Address Line 1

Address Line 2

Address Line 3

Address Line 4