

Help, Hope & Healing

The road to recovery after a brain injury can be long and filled with many challenges. However, with appropriate care and support, specialized rehabilitation, disease management and customized services, many individuals with brain injuries can lead healthy, independent and rewarding lives.

The Brain Injury Association of Virginia (BIAV) is the only statewide nonprofit devoted to serving individuals with brain injury, their families and those who care for and about them.

Founded in 1983, BIAV is a chartered state affiliate of the Brain Injury Association of America.

Our mission is to advance education, awareness, support, treatment, and research to improve the quality of life for all people affected by brain injury.

With a knowledgeable and dedicated staff, BIAV is uniquely qualified and committed to:

- Support those with brain injury and their caregivers.
- Educate communities on the impact and prevention of brain injury.
- Advocate for improved medical and community-based services.

www.biav.net

Make a Difference In a Life!



Volunteer

Give your time to support those with brain injury and their loved ones.



Donate

Make a tax-deductible, one-time or monthly donation or planned gift.



Join Our Mission

Become a member and receive publications, educational materials, registration discounts, advocacy updates, and more.

Each Year, Donations to BIAV Help ...

- Individuals with brain injury and caregivers gain information and resources to help navigate and access supports and services.
- Individuals with brain injury, caregivers and professionals receive brain injury education and technical assistance, raising awareness across the state.
- Individuals with a brain injury enjoy Camp Bruce McCoy, an overnight camp experience. And their caregivers get a well-deserved break.
- And much more!



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In a split second...

A brain injury can completely change a person's life.



The Voice of Brain Injury
Help, Hope and Healing

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BIAV Helps Change Lives

Rear-ended by a drunk driver, 20-year-old Trey sustained a broken neck and a traumatic brain injury (TBI).

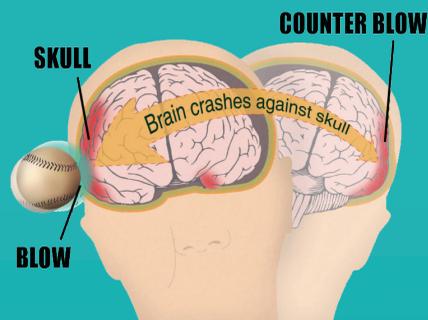
For the next four months, he underwent treatment in acute care and rehabilitation facilities. *While that period was difficult for Trey and his family, they had no idea of the challenges ahead.*

At The Brain Injury Association of Virginia (BIAV), we provided this family with information, support and referral assistance, but most importantly, we gave them hope. We also introduced them to Camp Bruce McCoy, where Trey could work to regain his independence, while having fun. The camp also gave his mother, who is his caregiver, a much-needed respite.

Trey went to camp in a wheelchair the first year. Five years later, the wheelchair stays home.

"BIAV changed our lives."
~ Trey and his family





*Infographic from First Aid for Life 2014

What Is a Brain Injury?

A traumatic brain injury (TBI) is caused by a blow or jolt to the head from events like a fall or a motor vehicle accident. Concussions are a type of TBI. A non-traumatic brain injury is the result of internal causes such as a stroke or lack of oxygen to the brain.

Each year, an estimated 1.7 million people sustain a TBI.* The consequences of a brain injury can be severe and affect all aspects of those individuals' lives. In fact, 5.3 million Americans are living with a long-term disability as a result of a TBI.*

*Centers for Disease Control.

How BIAV Helps

INDIVIDUALS & CAREGIVERS

Case Consultation

Problem-solve, brainstorm and inform about resources.

Resource Assistance

Help access important services, such as attorneys, physicians and funding.

Support Groups

Provide a setting for sharing and emotional support and advice, including training for support group leaders.

Camp Bruce McCoy

(overnight camp experience)

Encourage independence for individuals with brain injuries and provide invaluable respite for caregivers.



COMMUNITY

Public Awareness & Education

Inform, educate and raise awareness through presentations and special events to organizations and the public.

Advocacy

Represent the needs of the brain injury community in the legislative and policy arenas.

Internship Program

Provide meaningful internships with resume-building, real-life projects.

PROFESSIONALS

Case Consultation

Improve human service providers' understanding of the brain injury recovery process and awareness of resources.

Educational Programs

Provide information through in-services, conferences, webinars, presentations and workshops, offer brain injury specialist training.

A Concussion is a Brain Injury Too



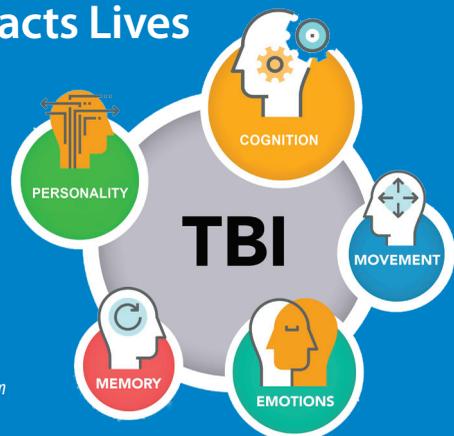
Concussions are very common. In fact, 20 percent of high school students playing contact sports suffer a concussion each year* (that equals more than 35,000 students in Virginia).

But concussions don't happen only to athletes. This brain injury can be caused by any bump or blow to the head or jolt to the body that moves the head back and forth rapidly, often resulting in confusion, memory problems, balance issues, dizziness and more.

Because these symptoms don't always show up right away, half of all concussions will go undetected or unreported.* However, without proper diagnosis and management, this brain injury can result in serious, long-term consequences, including possible coma or death.

*University of Pittsburgh Medical Center

How Brain Injury Impacts Lives



*Infographic From Traumatic Brain Injury Handout.



"After finding BIAV and a local support group, I got my life back on track. I don't know how I would have managed without them."

*- Sara Lewis,
brain injury survivor*

"Through BIAV's educational events and resources, I am able to share all I've learned with others, so they, too, can get the much-needed help they deserve. If it were not for my daughter's strength and the support of BIAV, I don't know that we would be in the place we are today."

*~ Kelly Lang, mother of Olivia Lang
Olivia sustained a traumatic brain injury in a car accident*