

# TBIoptions

**Connecting Survivors  
and Families to  
Community Resources**

## **Suggest a Resource**

Do you know of a service or organization that may be helpful to survivors of traumatic brain injury? Let us know! Visit the website at <http://www.TBIoptions.ksu.edu> and submit the information electronically.

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**Making a Difference  
in People's Lives**

<http://www.TBIoptions.ksu.edu>

## What Kansans Should Know About Traumatic Brain Injury (TBI)

More than 1.7 million people sustain a traumatic brain injury (TBI) nationwide every year. Injuries result from car accidents, falls, or other jolts to the head.

A person with a TBI (a survivor) may experience physical effects, changes in thinking and communication, and alterations in emotional well-being and behavior (such as becoming easily frustrated or reacting impulsively).

## How Kansas Communities Can Help

Local communities provide an important source of support for survivors because of the lifelong effects of TBI. The changes experienced by a survivor impact all aspects of daily life, including relationships with family and friends, finding and keeping a job, and skills for independent living.

## How TBloptions Can Help

TBloptions helps survivors and families identify, locate, and contact potentially helpful organizations in their local communities in Kansas to promote successful living. Examples include therapy, personal care attendants, housing, transportation, and legal, mental health, and vocational services.

# TBloptions

<http://www.TBloptions.ksu.edu>

## Who benefits from TBloptions

- Survivors of traumatic brain injury (TBI)
- Family members of a survivor
- Caregivers of a survivor
- Friends or neighbors of a survivor
- Health or human services professionals
- Members of the military
- Persons interested in learning more about TBI resources

Anyone who is interested in finding local community resources in Kansas for adults with traumatic brain injury may find TBloptions helpful.

## TBloptions...Getting started

- Go to the website at <http://www.TBloptions.ksu.edu>.
- Click on the "Start Here" button to better understand how to use TBloptions.
- Proceed through the website and work through the steps.
- Use the resource categories (Treatment and Rehabilitation, Health Related Concerns, Finances, Community Supports) to help pinpoint where assistance is needed.
- Decide what category or categories of resources are of personal interest or need.
- Find local resources in the chosen categories by clicking on the interactive *Resource Map*.
- Print a list of resources to contact potentially helpful resources, keep for future reference, or use as a handout to share with others.

The screenshot displays the TBloptions website interface. At the top, the K-State logo and the title "TBloptions" are visible. Below the title, there are navigation links: "Home", "Suggest a Resource", and "Map Feedback". The main feature is a map of Kansas with several resource categories highlighted in blue boxes:

- Community Supports** (Case Management, Activities of Daily Living, and Self Help)
- Treatment & Rehab** (Neurologist, Neuropsychologist, Therapy Services, and Assistive Technology)
- Health Related** (Counseling, Substance Abuse, Service Animals, and Sleep Disorders)
- Financial** (Funding, Legal, and Estate Planning)

The map also shows a list of categories on the right side: "All Categories", "Community Supports", "Financial", "Health Related", and "Treatment and Rehab".