

Programs that develop an individually tailored treatment plan that combines the resources of many specialists to help individuals who have been disabled by an acquired brain injury (ABI) or traumatic brain injury (TBI) attain their maximum level of functioning and quality of life. There is generally a focus on vocational skills and community reintegration.

Links

## **[Living with Traumatic Brain Injury \(TBI\) ~ Model Systems Knowledge Translation Center \(MSKTC\)](#)**

Source

[Living with Traumatic Brain Injury \(TBI\) ~ Model Systems Knowledge Translation Center \(MSKTC\)](#)

Books & Guides

## **[Rebuilding Together: A Guide for Caregivers](#)**

[Rebuilding Together](#) provides valuable information on brain injury and what caregivers can expect following a brain injury including recovery, rehabilitation, and how to take care of themselves.

Source

[Shepherd Center](#)

Books & Guides

## **[Future Planning After Brain Injury: A Guide for Family Caregivers](#)**

Brain injury can lead to profound changes for individuals and their families. [Future Planning After Brain Injury: A Guide for Family Caregivers](#) can help you, as a family caregiver, to prepare for the best future possible. Show that you care by planning ahead.

Source

[Archives of Physical Medicine and Rehabilitation \(APMR\)](#)

Links

## **Brain&Life**

Source

[Brain&Life](#)

Article

## **Concussion Self-Care Tips**

Learn about strategies to manage concussion symptoms while at home.

Source

[Sheltering Arms](#)

Links

## **Community Brain Injury Services - Hampton and Richmond Areas**

Source

[Community Brain Injury Services - Hampton and Richmond Areas](#)

Article

## **Headaches After Traumatic Brain Injury**

Learn about headaches after traumatic brain injury including triggers, symptoms, and treatment options.

Links

## **BrainLine: All about brain injury and PTSD**

BrainLine is a national multimedia project offering information and resources about preventing, treating, and living with TBI. BrainLine includes a series of webcasts, an

electronic newsletter, and an extensive outreach campaign in partnership with national organizations concerned about traumatic brain injury.

Source

[BrainLine: All about brain injury and PTSD](#)

Links

## **Constant Therapy**

Source

[Constant Therapy](#)

Links

## **American Syringomyelia & Chiari Alliance Project, Inc.**

Source

[American Syringomyelia & Chiari Alliance Project, Inc.](#)

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