

Alcohol & Chemical  
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Vocational Services







## 23. TBI Internet Resources

Why the Internet? Because the Internet is a well-equipped tool to access information about services provided including entertainment, travel, education, employment, medical issues, and more. The "information superhighway" is unique because it makes the world more accessible to everyone.

This chapter is designed not only for the person with a brain injury, but also for rehab professionals, caregivers, families of brain injury survivors, and anyone who would like to know more about traumatic brain injury.

New to the Net? Start with <[www.learnthenet.com](http://www.learnthenet.com)>. A variety of web sites have been compiled including assistance with legal and medical issues, TBI chat, accessible travel, libraries, organizations devoted to helping serve people with disabilities, family caregiver sites, medical research, TBI survival guide, cognitive retraining software, etc. A brief description is provided for each site. Happy surfing!

Again, we do not endorse any of these services nor make guarantees regarding the services available at these sites.

### **Accessible Travel**

<[www.mossresourcenet.org/travel.htm](http://www.mossresourcenet.org/travel.htm)>

Provided by MossRehab ResourceNet, this is an information service for the traveler with a disability. On this web site are travel tips, travel agencies, information on airlines, trains, and buses, hotels/motels, van and car rental companies, government resources, newsgroups, and mailing lists.

### **Alexander Law Firm**

<[www.consumerlawpage.com/article/trabrain.shtml](http://www.consumerlawpage.com/article/trabrain.shtml)>

Law firm located in San Jose specializing in personal injury, negligence, toxic chemicals, and corporate law. This web site is an article describing brain injury and includes the Glasgow Coma Scale, the Rancho Los Amigos Levels of Cognitive Functioning for TBI, how brain injuries occur, the life changes that can happen, and definition of the various rehabilitation professionals.

### **Allexperts.com**

<[www.allexperts.com](http://www.allexperts.com)>

Interesting, award-winning web site which enables one to ask questions of volunteer experts on a variety of subjects including medical, careers, legal, women's and men's issues, travel, education, arts & entertainment, and much more. Answers are provided within three days.

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### **Allsup, Inc.**

**<[www.allsupinc.com](http://www.allsupinc.com)>**

Jim Allsup created Allsup, Inc. in 1984, which is the first private company in America to help people obtain Social Security Disability Insurance benefits. Their financing program also offers people with disabilities access to loans. Allsup, Inc. has nine locations throughout the U.S.

### **Brain Injury Association of America (BIAA)**

**<[www.biausa.org](http://www.biausa.org)>**

The Brain Injury Association of America (BIAA) is a nonprofit organization dedicated to improving the quality of life of people with brain injury and their families as well as promoting prevention of brain injury. The web site offers information, education, advocacy, support, and prevention. The BIA consists of 42 state associations, 200 chapters, and over 800 support groups across the U.S.

### **Brain Injury Center**

**<[www.braincenter.org](http://www.braincenter.org)>**

This "doorway to information" is opened to you by the Brain Injury Association of Kentucky. The web site provides an introduction to brain injury, a family in crisis, attitude of recovery, and TBI resources.

### **Brain Injury Law Group**

**<[www.tbilaw.com](http://www.tbilaw.com)>**

The Brain Injury Law Group is a community of plaintiff's trial lawyers across the U.S. serving the rights of persons with TBI. The web site provides an 800 number to assist survivors of TBI in locating a lawyer specializing in brain injury in the state where they were injured. Also features articles, information, and graphics about TBI.

### **Brain Injury Ring**

**<[www.altelco.net/~jame/bir/bir.htm](http://www.altelco.net/~jame/bir/bir.htm)>**

This ring started in 1996 and consists of homepages of brain injury survivors, caregivers, family & friends, and brain injury resources from around the world. Step-by-step instructions are provided on how to be added to the ring.

### **Brain Train**

**<[www.brain-train.com](http://www.brain-train.com)>**

This web site provides cognitive retraining software that can be purchased. Vol. 1: Basic Cognitive Skills contains 55 computer programs designed to assist in remediating cognitive and behavioral deficits (available in English and Spanish). Vol. 2: Vocational Readiness consists of 15 programs designed to provide a bridge between cognitive rehabilitation and vocational training. Articles written by Judith Falconer, Ph.D. are provided to support survivors and families.

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### **California Foundation for Independent Living Centers**

**<[www.cfilc.org](http://www.cfilc.org)>**

This organization (CFILC) originated as a peer support mechanism in 1976. On this web site is a directory of 54 California independent living centers. These non-profit centers provide protection and advocacy services, legal services, independent living skill classes, personal counseling, housing referrals, personal assistant services, and support groups.

### **The Center for Outcome Measurement in Brain Injury (COMBI)**

**<[www.tbims.org/combi](http://www.tbims.org/combi)>**

The COMBI is an online resource for individuals needing detailed information in regards to outcome and assessment measures for brain injuries. The COMBI is a collaborative project of thirteen brain injury centers across the United States, covering detailed information on 26 different instruments.

### **Centre for Neuro Skills TBI Resource Guide**

**<[www.neuroskills.com](http://www.neuroskills.com)>**

The TBI Resource Guide from CNS is a main source of information, services, and products relating to traumatic brain injury, brain injury recovery, and post-acute rehabilitation. New on the web site are an online drugstore and a virtual tour of the CNS brain injury rehab facilities. Web site features "Inside View" online newsletter and book of the week.

### **Claudia Osborn**

**<[www.claudiaosborn.com](http://www.claudiaosborn.com)>**

Web site featuring Claudia Osborn, D.O., author of *Over My Head*, an inspiring autobiography that describes the rebuilding of herself following a traumatic brain injury. Includes a biography, description and review of her book as well as an order form, and her calendar and lecture schedule. Dr. Osborn conducts many speaking engagements around the country.

### **Disability Advocacy Clinic**

**<[www.disabilityac.com](http://www.disabilityac.com)>**

Disability Advocacy Clinic (DAC) is a "cyberoffice" which provides non-attorney representatives (paralegals) to assist in SSI and SSD cases in New Mexico, Colorado, Texas, Arizona, and California. DAC provides a "gateway" between SSA and claimants with disabilities. Included in the web site are frequently asked questions (FAQs) regarding SSI/SSD, DAC profile, DAC staff, litigation, DAC links, and DAC history.

### **DisabilityInfo.gov**

**<[www.disabilityinfo.gov](http://www.disabilityinfo.gov)>**

This site provides access to government sponsored disability-related information and programs on numerous subjects, including civil rights, community life, education, employment, housing, health, income support, technology, and transportation. The site is the result of the New Freedom Initiative which directed Federal agencies to build a one stop inter-agency portal for people with disabilities, their families, employers, service providers, and community members.

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### **Dr. Diane's Health-Helper**

**<[www.drdiane.com](http://www.drdiane.com)>**

Web site for Dr. Diane Roberts Stoler, Ed.D, author of *Coping with Mild Traumatic Brain Injury*. Dr. Diane is a psychologist who sustained a stroke and two traumatic brain injuries. She is a professional speaker and conducts presentations and workshops on a variety of health topics. An order form as well as a lecture schedule is available on her web site.

### **Epilepsy Foundation**

**<[www.efa.org](http://www.efa.org)>**

National non-profit, charitable organization of volunteers that works for people affected by seizures through research, education, advocacy, and service. Web site discusses current news and publications, research, programs and services, and kid's club.

### **Family Caregiver Alliance (FCA)**

**<[www.caregiver.org](http://www.caregiver.org)>**

An organization which serves families and caregivers of people with brain impairment through education, research services, and advocacy. Online interactive services include a support group for caregivers, problem solving consultation, and "Ask FCA".

### **Goldin & Sharp Lawyers**

**<[www.brain-injuries-law.com](http://www.brain-injuries-law.com)>**

Web site designed to help brain injury survivors and families. It provides free information to the public explaining brain injury litigation. Attorneys Goldin and Sharp are located in San Diego, California.

### **Head Injury Hotline**

**<[www.headinjury.com](http://www.headinjury.com)>**

Web site started by survivors of brain injury in 1985. This resource provides a list of brain injury rehab facilities, understanding brain injury, a rehab checklist, a lawyer checklist, advocacy, goal setting, problem solving, library, chat, and TBI services and support groups.

### **Learn the Net**

**<[www.learnthenet.com](http://www.learnthenet.com)>**

Excellent web site if you are just beginning to surf the Internet. The learnthenet.com tutorial is a publication of Michael Lerner Productions. Information is also available in French, German, Spanish, and Italian. Includes getting started on the Internet, Internet basics, and the origin of the Internet.

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### **Link2Care**

**<[www.Link2Care.net](http://www.Link2Care.net)>**

An Internet program to support family caregivers. Provides online information, services and connections to caregiving families on demand, utilizing existing community services. Will provide access to a personal profile and action plan, an information library, consultation with medical and legal experts, moderated support groups, and a database of local community resources. Family Caregiver Alliance administers Link2Care.

### **MEDLINE (PubMed, Internet Grateful Med)**

**<[www.ncbi.nlm.nih.gov/entrez/query.fcgi](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi)>**

National Library of Medicine provides two free systems to search medical topics in the MEDLINE database. About 11 million references and abstracts are found in this database.

### **National Information Center for Children and Youth with Disabilities**

**<[www.nichcy.org](http://www.nichcy.org)>**

Web site devoted to providing information on disabilities for families, educators, and other professionals. Special focus is on children and youth (birth to age 22). Services include personal responses to specific questions, publications, referrals to other disability organizations, and information searches of their own library and databases. Information is also provided in Spanish.

### **National Rehabilitation Information Center (NARIC)**

**<[www.naric.com](http://www.naric.com)>**

This organization is funded by the National Institute on Disability and Research (NIDRR) to serve anyone, professional or layperson, who is interested in disability and rehabilitation. Provides 60,000 disability-related records regarding literature, organizations, timely information, and research in five databases. Also lists projects funded by NIDRR.

### **National Resource Center for Traumatic Brain Injury**

**<[www.neuro.pmr.vcu.edu](http://www.neuro.pmr.vcu.edu)>**

Traumatic brain injury web site produced by the Virginia Commonwealth University/Medical College of Virginia. Includes guides for survivors; families, friends, and caregivers; living and working productively; and rehabilitation providers. Also provides TBI frequently asked questions (FAQs), chat with Pat, and directory of experts.

### **Neurotrauma Law Nexus**

**<[www.neurolaw.com](http://www.neurolaw.com)>**

An information resource for understanding the legal system's involvement in brain and spinal cord injury cases. Web site discusses the role of the neurolawyer, understanding brain and spinal cord injury, medico-legal issues, and glossary of terms. It is provided through the courtesy of the Law Offices of Fick & Petty.

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### **NOVA**

**<[www.novapic.org](http://www.novapic.org)>**

NOVA Private Industry Council is a federally funded employment and training agency, administered by the City of Sunnyvale. Formed in 1983 by six northern Santa Clara County cities (Sunnyvale, Cupertino, Mountain View, Los Altos, Santa Clara, and Palo Alto) who created a North Valley Job Training Consortium (NOVA). They serve companies needing recruitment and out-placement assistance, displaced workers desiring retraining or job searching, and workers with special needs.

### **PEAT (Planning and Execution Assistant and Training System)**

**<[www.brainaid.com](http://www.brainaid.com)>**

Web site that discusses PEAT, a handheld cognitive orthotic device available from Attention Control Systems, Inc.

### **Rehab International**

**<[www.rehab-international.org](http://www.rehab-international.org)>**

A federation of national and international organizations working for the "prevention of disability, the rehabilitation of people with disabilities and the equalization of opportunities within society." RI is composed of 200 organizations in 90 nations across the world.

### **The Rehabilitation Research Center**

**<[www.tbi-sci.org](http://www.tbi-sci.org)>**

Homepage for the Model System at the Santa Clara Valley Medical Center in San Jose, California federally funded by NIDRR for people with brain or spinal cord injuries. This web site contains information on the TBI and SCI Projects including community activities, peer support, research, and resources. The TBIRD (Traumatic Brain Injury Resource Directory) and SCI-FYI (Spinal Cord Injury – For Your Information) can be accessed through this site. Links are also available to the COMBI, Project Enable, InterAct newsletter, and other NIDRR-funded Model System Projects.

### **Research & Training Center on Community Integration**

**<[www.mssm.edu/tbinet](http://www.mssm.edu/tbinet)>**

RTC (Research & Training Center on Community Integration of Individuals with Traumatic Brain Injury) is federally funded by NIDRR to complete research, share information on improving lives of individuals with TBI, and provide training based on the research. RTC is located in the Department of Rehabilitation Medicine of the Mount Sinai School of Medicine, New York City. Included in the site are frequently asked questions (FAQs) about TBI, resources and publications, research information, links to other TBI web sites, and writing and advice from people with TBI.

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### **Tamara Greenspan Head Injury Collection**

**<[www.naussaulibrary.org/farmingd/TamaraGreenspanHeadInjuryCollection.htm](http://www.naussaulibrary.org/farmingd/TamaraGreenspanHeadInjuryCollection.htm)>**

Free head injury collection of books and video/audio tapes may be borrowed from the Farmingdale Public Library in Farmingdale, Long Island, NY. This project is made possible by a grant from New York State Assemblyman Steven Massapequa with the help of Eric David Usinger.

### **TBI Chat Room**

**<[www.tbichat.org](http://www.tbichat.org)> <[www.braininjurychat.org](http://www.braininjurychat.org)> <[tbihome.org](http://tbihome.org)>**

This chat room is open to brain injury survivors, caregivers, families, and friends. Site is monitored by Chat Room Operators. Web site also provides links to brain injury information.

### **Traumatic Brain Injury Model Systems**

**<[www.tbindc.org](http://www.tbindc.org)>**

Homepage for the Traumatic Brain Injury Model Systems funded through the U.S. Dept. of Education, Office of Special Education and Rehabilitative Services, National Institute on Disability and Rehabilitation Research. Site includes an introduction and links to the model systems, publications, current research, and a *Facts and Figures* newsletter.

### **Traumatic Brain Injury Resource Directory (TBIRD)**

**<[www.tbi-sci.org/tbird](http://www.tbi-sci.org/tbird)>**

Web site for the TBIRD, an online directory of resources intended for use by anyone who is looking for services for persons with traumatic brain injury in Northern California. It is produced by the Rehabilitation Research Center at Santa Clara Valley Medical Center, funded by the National Institute of Disability and Rehabilitation Research and the Firedoll foundation. Yes, you are reading the TBIRD right now!

### **Traumatic Brain Injury Survival Guide**

**<[www.tbiguide.com](http://www.tbiguide.com)>**

Online TBI survival guide book written by Glen Johnson, Ph.D., clinical neuropsychologist from Michigan. Easy to read chapters for the layperson include common indicators of a head injury, understanding how the brain works, coping with common problems, dealing with doctors, emotional stages of recovery, returning to school, when will I get better, and who are all these professionals.

### **While You are Waiting**

**<[www.waiting.com](http://www.waiting.com)>**

Waiting.com is the work of those whose lives have been changed by brain injury. It is designed by Becca Ltd. and brought to you as a service by the Brain Injury Law Office. This is a web page directed to individuals waiting while someone is in a coma. Provides information about brain injury, the ICU Guide, the "bridge from despair" including the grief process and testimonials, frequently asked questions about prognosis, legal issues, what to expect at discharge, support, and resources.

