

WHAT IS ABI/TBI?

CDC defines a traumatic brain injury (TBI) as a disruption in the normal function of the brain that can be caused by a bump, blow, or jolt to the head, or penetrating head injury. An Acquired Brain Injury (ABI) is an injury to the brain caused after birth and is not hereditary, congenital or degenerative. It can be a stroke, tumor, aneurysm or other types.

According to the Brain Injury Association of America a brain injury affects who we are, the way we think, act, and feel. It can change everything about us in a matter of seconds. **Some important things to remember are:**

- A person with a brain injury is a person first.
- No two brain injuries are identical.

**Grey Matters Support Group is an affiliate of the Brain Injury Association of Georgia*



Aging & Disability Resource:

Community/state programs; long term support services. O: 800-580-6860; C:912-437-0852
Website georgiaadrc.com

Brain Injury Association of Georgia:

Information and Community Resources, Guidance, Options Counselor & Program Assistance Medicaid/Waivers/Food Stamps

EM: info@braininjurygeorgia.org

O: 404-712-5504; C: 404-556-2528

Website: braininjurygeorgia.org

Brain and Spinal Injury Trust Fund Commission:

Grant Potential for TBI/SCI

EM: DPH-INFO-BSITF@dph.ga.gov,

1-888-233-5760— bsitf.georgia.gov

CAMP BIAG: A fun, 4 day recreational & therapeutic camp for survivors 18+ held each year. Visit braininjurygeorgia.org—events tab

Friends of Disabled Adults and Children:

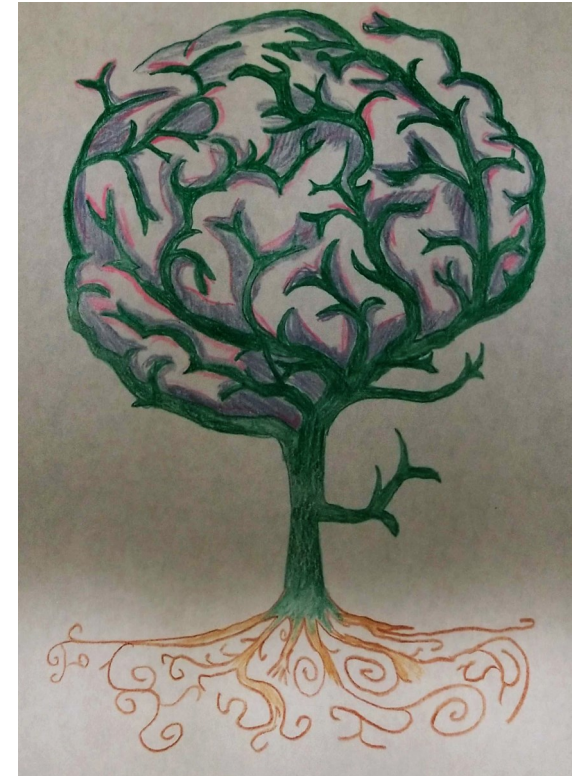
Providing free or low cost durable medical equipment, vehicle/home modifications and other resources; O: 1-866-977-1204; fodac.org

GA Dept. of Community Health:

<https://dch.georgia.gov/>

Social Security Disability: www.ssa.gov
click on Disability: medicare.gov

Grey Matters Brain Injury Support Group



**Please contact us at
(912) 350-7274 or email us at
GreyMatters912@gmail.com.**



Grey Matters Support Group

Designed by brain injury survivors

About Grey Matters

Who: This program is for people who have experienced a brain or spinal cord injury. Family members and caregivers are always welcome.

What: Our meeting provides support through engaging discussions regarding brain injury.

Where: Memorial Medical Center, **Cardiac Rehab Conference Room**, located in the Heart & Vascular Tower

When: The 3rd Wednesday of each month from 5:30-6:30 pm

MISSION:

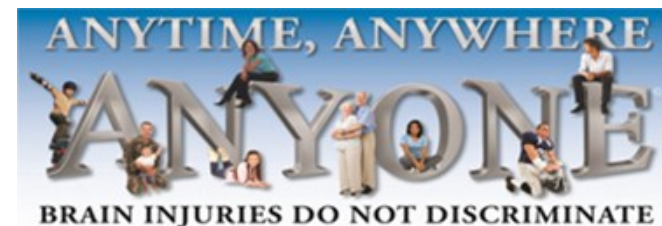
To advance awareness and education to improve the quality of life for all people affected by brain injury.

NAME MEANING:

Grey matter is a major component of the brain. The grey matter in our brain serves to process the information needed to carry out daily tasks such as muscle control, hearing, memory, emotions, speech, decision-making, self-control, etc.

TIPS FOR RECOVERY:

- Get plenty of rest
- Choose to eat healthy foods
- Adopt a comfortable routine
- Accept help from family & friends
- Practice techniques of relaxation
- Take frequent breaks
- Give yourself time to recover
- Use an agenda and take notes when needed



EVENTS:

Annually we hold a brain injury awareness walk the 4th Saturday of March. Please contact us for more details.

We also provide community outreach through volunteer projects around the Savannah area.



Brain Injury Awareness Walk