

# 6. Recommended Resources

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## 6-A. Books

Following is a brief listing of some of the many books written on brain injury. The list is divided into three sections:

- Personal Stories of TBI
- Information about Brain Injury
- Books for and about Children with TBI

Additional books on brain injury can be found at [www.biausa.org](http://www.biausa.org) or [www.lapublishing.com](http://www.lapublishing.com). Most of the materials listed below are also available from bookstores such as [www.amazon.com](http://www.amazon.com) or Barnes and Noble [www.barnesandnoble.com](http://www.barnesandnoble.com).

### — *Personal Stories of TBI*

- ***Brain Lash, (Third Edition)***  
Gail Denton, Ph.D.

Dr. Gail Denton, a retired psychotherapist, massage therapist, ski patroller, fiber artist, publisher, mountaineer, educator, wife, mother and brain injury survivor offers support, information and insight into the daily challenges and triumphs of living with the consequences of mild traumatic brain injury (MTBI). Chapters deal with everything from getting organized, problem-solving, mastering daily tasks such as sorting mail, getting dressed, grocery shopping, attention and concentration, fatigue, memory, nutrition and vitamins, relaxation and meditation, relationships and more.

Available at: Demos Medical Publishing, 386 Park Avenue South, Suite 201, New York, NY 10016 or [www.brainlash.com](http://www.brainlash.com)

- ***Gifts from the Broken Jar: Rediscovering Hope, Beauty and Joy***  
P.J. Long

Everyone, at some time, learns how life can change in a moment: with the crossing of the center line on a highway or the reading of a blood test; a telephone's knell in the still of night or a spouse's hesitation before the unspeakable is spoken. Psychotherapist PJ Long's life-altering moment came when the bolt of a terrified horse left her with a brain injury. She became a stranger to herself, unable to drive a car, prepare a meal, or carry on a conversation. But when PJ began to write, pen and ink acted as needle and thread, mending her torn mind and stitching together a new life. Lessons she had gleaned over years of helping others returned to guide her. And as PJ wrote, she gained profound insight into the resilience of the spirit and the unexpected joys of everyday life.

Available at: Brain Injury Association of America, 1608 Spring Hill Road, Suite 110, Vienna, VA 22182 [www.biausa.org](http://www.biausa.org)

- ***I Am the Central Park Jogger: A Story of Hope and Possibility***

Trish Meili

Trisha Meili, dubbed the "Central Park Jogger" by the media, tells her experience of recovery from the violence-related traumatic brain injury she received in her much publicized attack in Central Park. Because Meili does not remember the attack, the focus of her book is on her recovery from brain injury-- the rehabilitation process, how brain injury affected her personal and professional life, and her outlook on living with brain injury.

Available at: Brain Injury Association of America, 1608 Spring Hill Road, Suite 110, Vienna, VA 22182 [www.biausa.org](http://www.biausa.org)

- ***I'll Carry the Fork! (Recovering a Life After Brain Injury)***

Kara L. Swanson

Death didn't catch Kara Swanson that day, but the impact of the minivan caused her brain to slam into the wall of her skull. Kara tells her personal story of finding her way through the medical and emotional complications of head trauma. Written with humor, intelligence and technical input from medical and legal professionals, *I'll Carry the Fork* offers inspiration and practical help to anyone dealing with the aftermath of brain injury.

Available at: [www.amazon.com](http://www.amazon.com)

- ***In An Instant: A Family's Journey of Love and Healing***

Lee Woodruff and Bob Woodruff

In January, 2006, Bob Woodruff was embedded with the military in Iraq, when an improvised explosive device went off near the tank he was riding in. He and his cameraman, Doug Vogt, were hit, and Bob suffered a traumatic brain injury that nearly killed him. *In An Instant* is the frank and compelling account of how Bob and Lee Woodruff's lives came together, were blown apart, and then were miraculously put together again--and how they persevered, with grit but also with humor, through intense trauma and fear.

Available at: Brain Injury Association of America, 1608 Spring Hill Road, Suite 110, Vienna, VA 22182 [www.biausa.org](http://www.biausa.org)

- ***In Search of Wings: A Journey Back From Traumatic Brain Injury***

Beverly Bryant

After an automobile accident that affected her cognitive skills and left her with memory loss, Bev Bryant needed to find a way to adapt her work as a gymnastics judge and ultimately to find a new profession to regain her self-esteem and confidence. Her determination to conquer her deficits in order to regain total independence and control of her life stands as an inspiration to all survivors of trauma on their way through

healing or living with challenges. "Wings" will take you inside the mind and body and once you have shared the journey, you will never be the same.

Available at: Brain Injury Association of America, 1608 Spring Hill Road, Suite 110, Vienna, VA 22182 [www.biausa.org](http://www.biausa.org)

- ***Ketchup on the Baseboard***  
Carolyn Rocchio

Ketchup on the Baseboard tells the personal story of Carolyn's family's journey after her son, Tim, sustained a brain injury. Chronicling his progress over more than 20 years, she describes the many stages of his recovery along with the complex emotions and changing dynamics of her family and their expectations. More than a personal story, the book contains a collection of articles written by Carolyn as a national columnist for newsletters and journals on brain injury

Available at: Brain Injury Association of America, 1608 Spring Hill Road, Suite 110, Vienna, VA 22182 [www.biausa.org](http://www.biausa.org)

- ***Over My Head: A Doctor's Own Story of Head Injury From the Inside Looking Out***  
Claudia Osborn

Every hour of every day, people around the world fall victim to life altering accidents. On July 11, 1988, Claudia Osborn, a successful physician and respected medical school faculty member, became one of those statistics. Osborn's life took a dramatic shift after a bicycle accident left her with a severe head injury. Over My Head is the powerful story of a warrior, battling her disability and motivated by a profound desire to beat the odds, restore her cognitive abilities and ultimately return to practicing medicine.

Available at: Peripatetic Publisher, Inc, 5555 Heron Point Drive, Suite 901, Naples, Florida 34108-2781 or [www.claudiaosborn.com](http://www.claudiaosborn.com)

- ***Where is the Mango Princess?***  
Cathy Crimmins

Writing with grace, candor and remarkable clarity, Cathy Crimmins charts her husband's painful and often astonishing journey through coma and brain injury. From the frustrations of dealing with doctors and insurance plans to the enigmas of personality, mortality and modern science, this is a chronicle of wisdom, love and resilience. Meeting absurdity with wit, Crimmins takes readers on a voyage - life affirming in even its darkest moments - through neurology, identity and the mysteries of the human brain.

Available at: Brain Injury Association of America, 1608 Spring Hill Road, Suite 110, Vienna, VA 22182 [www.biausa.org](http://www.biausa.org)

## — **Information about Brain Injury**

- ***Brain Injury It is a Journey***  
Flora Hammond and Tami Guerrier

This practical user-friendly manual helps families understand the consequences of brain injury. By explaining medical terms in clear language, readers will understand the various types of brain injury and the rehabilitation process. There are detailed descriptions of how a brain injury can affect physical abilities, memory, cognition (thinking and learning), behavior, emotions, and communication. Each section describes changes that families may see in the person with a brain injury and gives suggestions for how to help. Families will find this manual filled with tips, strategies and checklists that they can use during the hospital/rehabilitation stay as well as after the individual returns home, goes back to work, or becomes active in the community.

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***Brain on a String (And Other Strategies for Staying Organized When Gray Matter Isn't Working Like it Used to)***

Brain injury, memory problems, stress, anxiety, attention deficits, serious illness, menopause, depression, medication—all these can make it hard to carry out daily tasks. There are lots of good books on personal organizing, but most are too complex for people with cognitive impairments to grasp. If you or someone in your life is having trouble staying on top of everyday chores, this booklet is for you! Topics include: -Personal grooming: dressing and washing -Paperwork: getting control of the monster -Kitchen: setting up, meal planning, and grocery shopping -Keeping track of conversations, errands, and appointments -Having what you need when you leave the house -Tips for organizing almost anything! "

Available at: Brain Injury Association of America, 1608 Spring Hill Road, Suite 110, Vienna, VA 22182 [www.biausa.org](http://www.biausa.org)

- ***Coping With Brain Injury DVD Set***  
Brain Injury Association of America, Inc.

In depth interviews with both experts and people with brain injuries confronting traumatic brain injury related issues such as medical and scientific advances, legal tactics, rehabilitation trends, and mental health strategies in disc one and success in school, caregiving strategies, robots and rehabilitation and life after brain injury in disc two. The interviews also have open forums that allow people with brain injuries and family members to ask questions covering their experiences with TBI to the experts who have been interviewed.

Available at: Brain Injury Association of America, 1608 Spring Hill Road, Suite 110, Vienna, VA 22182 [www.biausa.org](http://www.biausa.org)

- ***Living with Brain Injury: A Guide for Adults with Moderate to Severe Brain Injury***  
Brain Injury Association of America, Inc.

This guide provides important information for individuals living with moderate to severe brain injury, their families, caregivers, professionals, friends and associates. It helps readers understand brain injury and find the rehabilitation and community service and support options needed.

Available at: Brain Injury Association of America, 1608 Spring Hill Road, Suite 110, Vienna, VA 22182 [www.biausa.org](http://www.biausa.org)

- ***Mild Traumatic Brain Injury Workbook***  
Douglas Mason

This workbook helps individuals and families understand the effects of mild brain injury. It is filled with exercises to help people deal with the cognitive effects as well as the psychological and emotional difficulties that can accompany changes in memory, attention and communication after brain injury. There is an easy to understand overview of mild traumatic brain injury and description of symptoms and post concussion syndrome. The reader is given checklists and forms to record symptoms and set goals. Clear explanations guide the reader through the anatomy of the brain and what happens to the brain after a mild brain injury. There are specific chapters on physical aspects, the senses, attention, memory, cognitive communication, processing, depression, and anxiety.

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***Sexuality and the Person with Traumatic Brain Injury: A Guide for Families***  
Ernest R. Griffith and Sally Lemberg

Symptoms after brain injury can vary in severity and type. Persons with brain injuries can regain some or all of their former lives including sexuality and sensuality. Explores: What is brain injury? What are the physical/psychological consequences of the various types of injury? What sexual problems may the person encounter? How can the injury affect previous sexual functioning? Where can we find help? This book addresses sensitive issues openly, using easy-to-read language free of jargon. Useful charts, illustrations, and glossary of terms help the reader. Chapters include: Normal sexual development; brain anatomy and function; types of injury; factors in recovery; stages in recovery; impairment and sexuality; types of sexual dysfunction; psychological and social aspects; evaluation; management; where to get help; resources; glossary.

Available at: [www.amazon.com](http://www.amazon.com)

- ***Survival Kit: A Planner and Organizer for Survivors of Brain Injury and Their Families***  
Debbie Leonhardt

This 212 page kit was designed for persons with brain injuries or other disorders affecting memory, planning and organizational skills. It can be used independently by

individuals, with assistance from families or caregivers, or as part of a rehabilitation treatment program. The flexible format encourages users to select sections and strategies most useful for their situation and stage of recovery. The eight sections include: schedules and calendars; treatment tasks and goals; journals and logs; personal/household information; daily living checklists; survival strategies; visual reminders; sample forms. All charts, checklists and organizers have been designed to be user friendly.

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***The Road to Rehabilitation - Spanish Edition***  
Brain Injury Association of America, Inc.

The Road to Rehabilitation - Spanish Edition offers an easy to understand guide for families and other caregivers, friends, and persons with brain injury. Conveniently bound into one book, topics include pain, cognition and memory, behavior changes, headache, speech, drug therapy and spasticity. Written by experts, the book includes definitions, treatment options and more!

Available at: Brain Injury Association of America, 1608 Spring Hill Road, Suite 110, Vienna, VA 22182 [www.biausa.org](http://www.biausa.org)

- ***Understanding the Effects of Concussion, Blast and Brain Injuries: A Guide for Families, Veterans and Caregivers – 2008***

TBI has been called the signature wound of the wars in Iraq and Afghanistan. As troops return home, their families and caregivers are searching for information about the effects of concussion, blast and brain injuries. This guide is a special edition for all who are involved in the care and treatment of wounded veterans. It contains information on the full spectrum of injuries from the short term effects of concussions or mild brain injuries to the life long effects of more severe brain injuries. It includes information on: the emotional impact on families when a spouse, parent, sibling, son or daughter becomes a wounded veteran with strategies for coping and adjustment; effects of a brain injury on behavior, thinking, emotions, communication and social skills; symptoms of concussion, post traumatic stress disorder (PTSD), post traumatic headaches, and substance abuse; effects of a brain injury on employment and accommodations on the job; and programs and websites about PTSD and brain injury that provide support and information for military families and wounded veterans

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***The Memory Doctor***  
Doug Mason and Spencer Xavier Smith

We all know what it's like to have trouble finding our keys in the morning, remembering why we went upstairs, or recalling the names of people we have just met. Memory is very complex. Dr. Doug Mason clearly explains how memory works

and the different types of memory that we use everyday. How we remember things is a process. By helping you understand and pay more attention to the steps of this process, you can improve your memory by using specific techniques.

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***Traumatic Head Injury: Cause, Consequence, and Challenge***

Dennis Swiercinsky, PhD., Terrie Price, Ph.D., & Leif Leaf, Ph.D.

A guide for understanding the causes and consequences of head injury, and the rehabilitation challenge for regaining functional independence and adjusting to that which cannot be changed. Guidelines for persons with brain injuries and their families and friends. Glossary of terms. One of the best resources for people with a recent injury.

Available at: The Brain Injury Association of Kansas and Greater Kansas City, 1100 Pennsylvania, Suite 4061, Kansas City, MO 64105 [www.biaks.org](http://www.biaks.org)

## — ***Books for and About Children with TBI***

- ***A Hit on the Head (And Where it Led)***

Jennifer Cooper-Trent and illustrated by Anthony Mitchell

This is a great booklet to help children, their siblings, classmates and friends understand what it means to have a brain injury. Written for elementary school age children, the story follows a young boy who is hit by a car while riding his bike. Knocked unconscious, his Mum finds him on the grass and calls the ambulance. Text and illustrations describe the many tests and procedures he has in the emergency department and in the hospital, including a CAT scan and neurosurgery to remove a blood clot.

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***Children with Traumatic Brain Injury: A Parents' Guide***

Edited by Lisa Schoenbrodt

This is an essential reference book and guide for families to educate themselves about traumatic brain injury. It is also for the educators, advocates and clinicians who work with them. Chapters, written by an expert team of medical and rehabilitation specialists, present complex information in a direct and clear style. It explains how the child's brain functions and the course of treatment and recovery after an injury. Changes in learning, thinking, speech, language, and behavior are discussed.

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***Elvin: The Elephant Who Forgets***

Heather Snyder

A delightful children's book about a little elephant named "Elvin", who has a tree branch fall on his head! He can't count his figs anymore, gets mixed up at school and doesn't get along with his friends anymore. A visit to the neuropsychologist helps him understand that he's not a bad little elephant... he has a brain injury. Helps children, friends and classmates understand what it's like to have a brain injury. Written for kindergarten through elementary school age children. A new section with a note from the publisher helps parents and educators understand the unique effects of brain injury in children and the importance of educational services.

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***Living with Brain Injury: A Guide for Families with a Child with a Brain Injury***

Brain Injury Association of America, Inc.

This guide offers valuable information for those who care about and for a child with a brain injury. It addresses the definitions of brain injury; causes and consequences of brain injury and the rehabilitation and community service and support options that may be available. Specially sized to fit a pocket or purse!

Available at: Brain Injury Association of America, 1608 Spring Hill Road, Suite 110, Vienna, VA 22182 [www.biausa.org](http://www.biausa.org)

- ***Parents and Educators as Partners: A Workbook on Helping Your Child After Brain Injury***

Marilyn Lash, MSW & Bob Cluett

As children return to school after a brain injury, parents face new challenges to identify, negotiate, coordinate and advocate for services in school and the community. This workbook shows parents how to apply six critical skills to become partners with educators rather than adversaries. Worksheets and examples teach parents how to use the skills of assessment, information gathering, referral, service coordination, advocacy and evaluation to create effective educational programs and service plans. Includes workbook plus a CD with 64 pages of PDF files for all worksheets in an 8.5 x 11 format.

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***Signs and Strategies for Educating students with Brain Injuries: A Practical Guide for Teacher and Parents (2<sup>nd</sup> Edition)***

Marilyn Lash, MSW, Gary Wolcott, MEd, and Sue Person, MA

This book gives the basic overview of the consequences that brain injuries can have on a student's learning, behavior and adjustment in school. It explains common changes and gives strategies for the classroom and at home. A special section on

transition strategies helps prepare the student for moving from teacher to teacher, grade to grade and school to school with lots of worksheets for families and educators.

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***The Get Well Soon... Balloon! When a Parent has a Brain Injury***  
Vicki Sue Parker & Susan Beebe, Illustrator

This story captures the upheaval in a child's world when a parent has a brain injury. It helps family members explain the effects of a brain injury to children. Most of all, it helps children understand their feelings as they try to make sense of their altered world. This story book is a helpful tool for young children as they grieve and struggle to reform their relationship with a parent.

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***Traumatic Brain Injury in Children and Adolescents: A Sourcebook for Teachers and Other School Personnel, 2<sup>nd</sup> Edition***  
Janet Siantz Tyler, PhD and Mary Mira, PhD

A practical and comprehensive book for school personnel and parents on educating students with brain injuries. The authors are national leaders in designing and developing educational programs for students with TBI. Their understanding of effective teaching, appreciation of classroom dynamics and knowledge of the special challenges and needs of students with brain injuries are brought together in this outstanding manual that will be an essential guide for school personnel. Using many classroom examples, the authors present facts about brain injury, explain its developmental impact, immediate and long-term effects, and psychosocial issues. Detailed chapters address planning for school reentry, student assessment, educational strategies and programs, and planning for transitions.

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***When Your Child is Seriously Injured: The Emotional Impact on Families (3<sup>rd</sup> Edition)***  
Marilyn Lash

This booklet was written to address the emotional trauma that inevitably accompanies injury. The content is based on interviews and focus groups with families who shared their experiences and provide strategies to help other families cope during the early days and weeks following a child's traumatic injury. It will help parents understand their emotions, learn how to comfort their child, give assurance to siblings, ask for help from friends and relatives, and recognize coping styles of partners or spouses. There are also suggestions to help parents plan for their child's discharge, examples of journal writing and contact information worksheets.

Available at: Lash & Associates Publishing/Training Inc., 708 Young Forest Drive, Wake Forest, NC 27587 [www.lapublishing.com](http://www.lapublishing.com)

- ***Why Did It Happen On a School Day? My Family's Experience with Brain Injury***  
Brain Injury Association of Maryland - illustrated by Debbie Kitchner

This book is written from the perspective of a young boy whose father has sustained a brain injury. It is an excellent tool for helping children understand what is happening to a parent with a brain injury and the subsequent recovery process. Written in simple language and supplemented by childlike illustrations, this book is geared toward children and is an important communications device for the entire family.

Available at: Brain Injury Association of America, 1608 Spring Hill Road, Suite 110, Vienna, VA 22182 [www.biausa.org](http://www.biausa.org)

## 6-B. Magazines

- ***Brain Injury Professional Magazine***  
Available from: North American Brain Injury Society  
[www.nabis.org](http://www.nabis.org)

*Brain Injury Professional* is the largest professional circulation publication on the subject of brain injury and is the official publication of the North American Brain Injury Society.

- ***Premier Outlook: A Periodical About Brain Injury***  
Available from: Premier Outlook  
[www.premier-outlook.com](http://www.premier-outlook.com)

A free periodical about brain injury dedicated to educating, informing and interacting with families, caregivers and rehabilitation professionals.

- ***THE Challenge!***  
Available from: Brain Injury Association of America  
[www.biausa.org](http://www.biausa.org)  
Published quarterly by the Brain Injury Association of America. In addition to feature articles on a variety of brain injury topics, *THE Challenge!* publishes regular columns on a number of topics including "Survivor's Voice", research, education, prevention and advocacy.

## 6-C. On the Web

Changes in the ways that information is stored and retrieved have created a wealth of information on brain injury from which consumers may choose. The internet can provide medical information, answers to questions, read about treatment options. Online support

groups can allow people to share their stories, newsletters, and websites with people with brain injury and their family or caregiver.

To search for information on the Internet, log on to a search engine (e.g. Google, Yahoo, Netscape, etc.) Try entering different keywords, such as *brain injury*, *traumatic brain injury*, *stroke*, or *neurosurgery*. Typing *TBI Ring* in a search will also bring up brain injury topics. Websites will contain articles, information, newsletters, chat rooms, pen-pal listings, or links to other brain injury sites. Other sites will permit you to search for information on a specific medical topic for general background, prevention, treatment, rehabilitation, etc. Many brain injury associations (BIA) have monthly discussions and online speakers. Here are some helpful websites to get started.

### — **Brain Injury Sites**

- BIA of Kansas & Greater KC <http://www.biaks.org>
- Brain Injury Association of America <http://www.biausa.org>
- Brain Injury Information Network <http://www.tbinet.org>
- Centers for Disease Control and Prevention <http://www.cdc.gov/ncipc/tbi/TBI.htm>
- Coma Information <http://www.waiting.com>
- Dana BrainWeb (search for medical info) <http://www.dana.org>
- Disability Rights Center <http://www.drckansas.org>
- Epilepsy Foundation <http://www.efa.org>
- Epilepsy International <http://www.epilepsy.org>
- Kansas Legal Services <http://www.kansaslegalservices.org>
- Kansas Department of Social & Rehabilitation Services <http://www.srskansas.org/hcp/css/HeadInjury.htm>
- National Association of State Head Injury Administrators <http://www.nashia.org>
- National Resource Center for TBI <http://www.neuro.pmr.vcu.edu>
- National Stroke Association <http://www.stroke.org>
- Neurologic Disabilities Support Project <http://www.ksndsp.org>
- Tbinterchange <http://www.angelfire.com/ia/tbinterchange>
- TBI Help <http://www.tbihelp.org>
- TBI Kansas: The Traumatic Brain Injury Resource Network for Kansans <http://www.tbikansas.org>
- The Perspectives Network <http://www.tbi.org>

## — **Chat Rooms**

- TBI Chat <http://www.tbichat.org>

## — **Medical Information and Libraries (Brain Injury and other Health Topics)**

- Assistive Technology <http://www.abledata.com>
- Dictionary of Medical Terms <http://www.medterms.com>
- Medicine Net <http://www.medicinenet.com>
- Medscape <http://www.medscape.com>
- National Library of Medicine in Baltimore, Maryland <http://www.nlm.nih.gov>
- RxList Internet Drug Index <http://www.rxlist.com>

# Notes

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