

# THE QUESTION CORNER



**Hello. I was recently in a pretty bad car accident, and a friend recommended I contact you guys. I was wondering what you do at the Brain Injury Alliance of Arizona, and who you help? Thanks, I appreciate it!**

**—A Curious Guy**

Well, Curious Guy, at the Brain Injury Alliance of Arizona (BIAAZ), one of our main goals is to educate the public about brain injury in its many forms: traumatic brain injury (TBI), stroke, aneurysms, anoxia, and brain tumors. Some TBIs, like concussions (mild TBIs), are more well-known due to funding from major sports organizations, as well as awareness raised by the athletes. But besides sports-related injuries, many people experience TBIs from a variety of causes: assault, domestic violence, falls, car accidents, drug overdoses, and more. The ways people experience injuries to their brains are as varied as the people who have them, and often, people don't necessarily realize they've had a brain injury at all. Some go to the hospital and are released after their immediate physical wounds have been treated, while others don't even go to the hospital, and may not start experiencing symptoms from their injury until days or weeks after an incident occurred.

This is essentially where the BIAAZ comes in. We lend a listening ear and help brain injury survivors and their families understand that the frustrations they are experiencing from the physical, cognitive, behavioral, and emotional changes due to the injury are normal. As an organization, we also strive to provide a sense of hope through a variety of programs and classes, support groups, information, and resources. Best of all, our resources and assistance are available to people at any age and any stage of

their injury. For example, let's say a gentleman such as yourself called us, explaining how he'd been in a car crash a couple months ago, and is now having terrible headaches, feeling depressed, and can't remember new information. We would work with this individual to connect him with neuro specialists who can treat his symptoms and understand brain injury. We would also ask him follow-up questions to see if there are other pressing needs he might have, such as personal injury attorneys, Social Security Disability Income, support groups for him and his family members—anything that could help him adjust and feel less alone in his brain injury journey.

So, thanks for asking such a great question Curious Guy. Hopefully, you now have a better understanding of who we help and how. If you have additional questions or would like to be connected to resources, please give us a call at 602-508-8024. You can also visit our website at [www.biaaz.org](http://www.biaaz.org).

**—Jeanne Anderson,  
BIAAZ Resource Facilitation Manager**



*The answers provided by The Question Corner are meant to be informative only; they are not intended as a replacement for medical, legal, or other specialist-based advice. You should always consult a professional regarding issues related to your health and the law. If you have an educational, informational, or resource-based question you would like answered by The Question Corner, please email it to [resources@biaaz.org](mailto:resources@biaaz.org), or mail it to BIAAZ Attn:Brittany Sweeney, 5025 E. Washington St., Ste. 108, Phoenix, Arizona 85034.*