**Community Supports**

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| **Beneficial Resources** | **Search Terms** | **Notes/Links to Agencies/Organizations** |
| **Public Transportation:**  ADA, wheelchair accessibility, and/or accommodations for the elderly or disabled | “Public transportation near me”  “Wheelchair accessible transportation” |  |
| **Food Pantry/Assistance Programs:**  Programs such as Meals On Wheels, agencies/organizations with community meal offerings (also see faith-based programs) | “Food help near me”  “Meals on Wheels”  “Food assistance programs” |  |
| **Community Action Program:**  Nonprofit private and public organizations that provide direct support such as housing, legal aid, and medical assistance | “Community Assistance programs”  “Community Action Agency”  “Community Action Programs” |  |
| **Faith Based Programs:**  Church sponsored programs for meals, respite care, transportation, or home-related services of some type | “Church food kitchen”  “Church Help Programs” |  |
| **TBI Support Group or self-help support for care giving:**  Groups that address informational topics, ideas for recovery, and independence in community living | “TBI Support Groups near me”  “Self-Help group”  “Brain Injury Association’ |  |
| **Case Management:**  Provided by professionals, such as nurses or social workers, who coordinate the delivery of home and community supports | “TBI case management services near me”  “TBI Home care services” |  |
| **Independent Living Centers:**  Organizations that offer in-home supports and/or assistance to promote community living | “Independent Living Center for TBI near me” |  |
| **Respite Care/Day Program:**  Provides short-term relief for family members caring for an adult with disability or day program for care | “Disability Day programs [YOUR STATE]”  “Respite Care near me”  “Adult day Programs” |  |

**Financial Resources**

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| **Beneficial Resources** | **Search Terms** | **Notes/Links to Agencies/Organizations** |
| **Legal Aid:**  Agencies or programs that offer legal assistance or advocacy when financial resources are limited (Services may vary by county) | “Legal assistance near me”  “Disability legal services” |  |
| **Housing Assistance:**  Grants for wheelchair accessibility or other accommodations, financial assistance (typically county or city programs) or emergency shelters | “Housing Assistance near me”  “Housing Assistance programs” |  |

**Health Related Concerns**

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| **Type of Resource** | **Things to Search for** | **Information/Link** |
| **Counseling Services:**  Programs that address emotional well-being or substance abuse of individuals and/or families | “Mental Health Services near me”  “Mental Health Resources”  “Substance Abuse resources near me”  “Family Disability Counseling [YOUR STATE]”  “TBI counseling [YOUR STATE]” |  |
| **County Health Department:**  Services vary but may provide medical assistance, health education and/or mental health services | “County Health Department”, specify “near me” if location services are not turned on |  |
| **Respite Care/Day Program:**  Provides short-term relief for family members caring for an adult with disabilities or program for care during day | “Disability Day programs [YOUR STATE]”  “Respite Care near me” |  |
| **Medical Centers/Hospitals:**  General health care and specialized programs such as sleep disorder services. | “Hospital near me”  “Sleep Disorder Services near me” |  |

**Medical Treatment & Rehabilitation**

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| **Type of Resource** | **Things to Search for** | **Information/Link** |
| **Medical Treatment:**  Neurology & neuropsychology; physicians that specialize in brain injury and/or have extensive training in the area of psychology in brain-behavior relationships | “Neurologist near me” or “Neurologist Doctor”  “Neuropsychologist near me” or “Neuropsychological services near me” |  |
| **Outpatient Rehabilitation Services:**  Physical therapy: services focusing on restoring physical use of the body;  Occupational therapy: services focusing on developing greater independence in activities of daily living;  Speech therapy: services that assess and provide treatment for communication concerns and/or swallowing concerns | “Physical Therapy near me”  “Occupational Therapy near me”  “Speech Therapy near me” |  |
| **Assistive Technology Services:**  Includes assistive and rehabilitative devices used to maintain and/or improve capabilities to perform tasks of everyday living | “Assistive Technology resources near me”  “Assistive technology resources [YOUR STATE]” |  |

Special Notes: