



# the HEADLINER

July 2001  
Vol. III Issue 1

THE NEWSLETTER OF THE BRAIN INJURY ASSOCIATION OF OREGON

## BIAOR Representatives Lobby in DC

From March 24-27, Association President Bill Olson of Salem, and members Janet and Becky Eakin of Portland and Eane Huff of Monmouth represented Oregon at the Brain Injury Association's annual Policy Conference in Washington D.C. Featured conference speakers included:

- Justin Dart, Founder of Justice for All and known as the Father of the ADA;
- Representative John Lewis, D-Georgia, a leading figure in the civil rights struggle of the 1960's; and
- Alan Bergman, BIA President and CEO, who summarized the challenges and opportunities for increasing awareness of brain injury and funding for services.

The conference covered a number of policy issues of importance to persons with disability including brain injury. You can view issue papers and fact sheets on these subjects on the BIA web site at

<http://www.biausa.org/policy.htm> and  
<http://www.biausa.org/policyfactsheetsindex0401.htm>

A conference highlight was the live performance of "Remember Me," an original musical composition written



*Conference attendees (L to R): Janet Eakin, Eane Huff, Senator Wyden, Becky Eakin, BIAOR President, Bill Olson.*

for the Ontario, Canada, Brain Injury Association. The composer, Ron Campbell, was present with Dan McKelvie and Peter Gilboy who sang and accompanied themselves on guitar. With permission from the Ontario Association, BIA USA has produced a

public service announcement utilizing the song. It has been distributed it to all state affiliates. Look for this public service announcement soon.

On the final day of the conference, BIA held the annual Silvio O. Conte

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Award breakfast honoring Senator Edward Kennedy (D-Massachusetts) and Senator Bill Frist, M.D. (R-Tennessee). They were recognized for their role in the original passage and subsequent reauthorization of the Traumatic Brain Injury Act as well as other legislation important to persons with disabilities.

Conference activities concluded with each state's attendees visiting their respective state legislators to urge action on one or more pending policy items benefiting persons with brain injury. BIAOR members visited all offices of the Oregon delegation, meeting in person with Representative David Wu and

Senator Ron Wyden and with staff of the offices of Representatives Blumenauer, DeFazio, Hooley and Walden, and of Senator Smith. These visits provided a chance to acquaint the offices with the startling statistics regarding brain injury, to share experiences of survivors and family members, and to request increased funding for the Traumatic Brain Injury Act of 2000.

The Association extends its thanks to the Oregon Developmental Disability Council for its financial assistance from its Consumer Involvement Fund to allow two young persons with brain injury to attend the conference.

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## My Trip to the Capitol

By Ernie Perez

**D**o you know who Peter Courtney is? He is my representative in the Oregon State Senate. I really didn't know anything about him until I made a trip to the State Capitol Building with a group of people with brain injuries. We were there for the "Save Our Seniors" rally. I wanted to talk to my representatives about an issue that is important to me. I had never done this before and had never thought about it.

I asked where I could find Peter and I went off to search for him. I walked upstairs and talked to the secretary who told me he was very busy. I sat down and waited until he came out. When I saw him I stood up in

front of him and spoke with him. He shook my hand and listened for a minute and then asked his secretary to get my name and address and would get back to me. I never thought he would.

That was it. Mr. Courtney is a nice man but he's just a man like me. He sent me the information he promised and that makes me feel like he was listening to me even though he was in a hurry.

Everybody should talk to their representatives or write them letters if they have an issue. They're just people like us. We don't have to be invisible any more.



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## President's Corner

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Since several items in this issue deal with legislative advocacy, I want to share my views on why the Association needs to be involved in “lobbying” our elected officials for more resources and attention to brain injury.

Many of you have expressed frustration at the lack of services for persons with brain injury. This year's proposed state budget reductions would reduce current service levels in Senior and Disabled Services and Vocational Rehabilitation Division programs. The Association worked with the Advocacy Coalition for Seniors and People with Disabilities to ask that the legislature to restore these cuts. By working through the Coalition we express solidarity on issues of common concern and can reasonably request support for our initiatives more specific to brain injury.

In promoting SB 904, a bill to create a brain injury trust fund, we had an opportunity to talk to legislators more specifically about

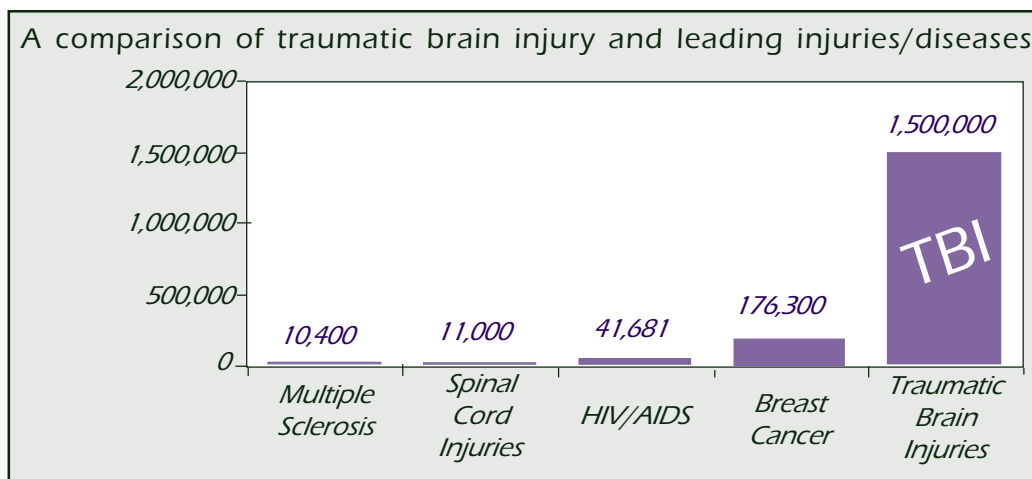
brain injury. We have provided them with factual material and show them how the incidence of brain injury compares with that of other better publicized illnesses or disabilities such as AIDS, breast cancer, multiple sclerosis, and spinal cord injury.

In short, effective policy advocacy can change or improve policy, increase resources devoted to brain injury, and create greater awareness of this disability on the part of legislators and staff as well as other organizations and the public. But successful advocacy is a long-term proposition. And it requires that we connect with legislators on a personal level. That means that they must hear from you: their constituents who are survivors, family members and professionals interested in improving services. We also need to show numbers. That is one reason why your membership is so important to us. If you are willing and able to help, please join the Association's Advocacy Network by sending your contact information to the BIAOR office.

---

Many people, including legislators, do not realize how many people are touched by brain injury. The Centers for Disease Control and Prevention reported to congress that a staggering 1.5 million (yes, MILLION) Americans

will sustain a TBI annually, and 5.3 million people live with a disability as a result of a TBI. You can use the chart below to help show others how TBI compares with the numbers of people with other diseases.



Comparison  
of Annual  
Incidence

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## In My Life

---

I am living my life,  
In the moment of time,  
Striving,  
To be my own..  
I am trying to find the answer,  
To this win or lose game,

That you are so different,  
When they really are the ones,  
Who have changed.

Who are they?  
To sit there and judge me,  
When they don't know the real truth,

Who are they?  
To say that I'm so different,  
When all that I am doing,  
Is living out my youth.

Although these six years have long past,  
And are gone,  
Far away,

And their faces,  
Are gone for the time being,

But in my heart,  
They will always stay,

In my heart,  
They will always stay.

—Amie Caroline Coelho

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## Trust Bill Introduced

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With the assistance of Senate Minority Leader, Kate Brown, and the support of many of her colleagues, BIAOR was able to have introduced Senate Bill 904 to create a Brain Injury Trust Fund. The fund would establish a 13 member Trust Fund Board and create a trust fund to be funded by revenues from public or private sources such as grants. The board would be charged with seeking out such funding.

In addition to Senator Brown, other Senate sponsors were Senators Susan Castillo, Peter Courtney, Verne Duncan, Bill Fisher, Avel Gordly, John Minnis, Frank Shields, Charles Starr and Cliff Trow. House sponsors were Representatives Vic Backlund, Jo Ann Bowman, Janet Carlson, Richard Devlin, Dan Gardner, Bill Garrard, Elaine Hopson, Bob Jenson, Jeff Kruse, Randy Leonard, Kathy Lowe, Steve March, Laurie Monnes-Anderson, Diane Rosenbaum, Carolyn Tomei, Vicki Walker, Jackie Winters and Bill Witt.

The bill was heard and passed by the Health and Human Services Committee on April 6th and referred to the Ways and Means Committee which did not hear it. We will push for a trust fund bill in the 2003 legislative session.

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## BIAOR Joins Budget Fight

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The Brain Injury Association joined with the Advocacy Coalition for Seniors and People with Disabilities and other organizations to urge restoration of proposed budget cuts in order to maintain long term care services for the elderly and persons with disabilities. If enacted, the proposed budget cuts would have:

- Eliminated Medicaid funded community-based care services for certain “higher functioning” i.e., SDSA survivability levels 15-17, categories of seniors and persons with disabilities;
- Cut reimbursement rates for nursing homes and community based facilities for assisted living, adult foster care and residential care facilities; and
- Eliminated Oregon Project Independence and mental health and alcohol abuse programs for seniors.

Rallies were held on the steps of the State Capitol on January 16th, April 4th and May 14th to protest the cuts. Among those members of the brain injury community



*Residents of the RAH House rally to protest cuts in programs*

attending the rally were residents and staff of Residential Alternative Housing in Salem, the Uhlhorn Program in Eugene and participants in Salem Rehabilitation Hospital’s “BITS” Program. Advocacy works! It now appears that the legislature will restore most of these programs. Thanks to all who attended the rallies or contacted your representatives and senators.

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## Eugene “Heads Up” Group Changes Focus

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The Heads Up Support Group in Eugene recently elected to become a family member and caregiver group. Previously, the group had included both survivors and family members/caregivers. However, with the welcome addition of new survivor support groups, Heads Up members decided that there was a need for at least one group that focuses on family and caregiver needs and issues. Mary Bunch, group facilitator, said that the changed focus “allows family

members and caregivers to fully discuss sensitive issues and share their thoughts more freely without the risk of hurting or offending. She reports that so far the group has been well attended and feedback about the benefits of the new focus has been very positive.



*“I not only use all the brains I have,  
but all I can borrow.”*

*Woodrow Wilson*

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## At a Preschool in Georgia

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This morning Miss Vicki counts 20 two-year-olds  
in diapers and with runny noses  
for only two teachers, Miss Lisa and me.  
Tyler brought his teddy  
and can't drink any milk,  
Cristina has a new dress on  
and can't get it dirty.

We change twenty diapers  
washing our hands after each ( maybe )  
we sit them all down and pass out lunches  
take them out to monkey bars, swings, sandbox  
hoping we don't lose one.  
Joshua needs changing and Alicia falls off a swing.

Both are crying, we take them all back in,  
change twenty diapers  
washing our hands after each ( perhaps )  
wipe off their dirty faces  
and put them down for naps.  
We rub their little backs.

We watch them sleep-Alicia sobs,  
Miss Lisa writes notes for Miss Vicki  
Soon we take them out again to wait  
for their parents will be here  
Some will ask questions,  
like how was Alicia today and did Tyler drink milk  
and why is Christina dirty.

But we won't say much.  
These women have babies  
while we write silly poems  
but before Crazy comes Crayon  
and all that's left is the coloring book.

Poem by Leslie Murphy, Eugene

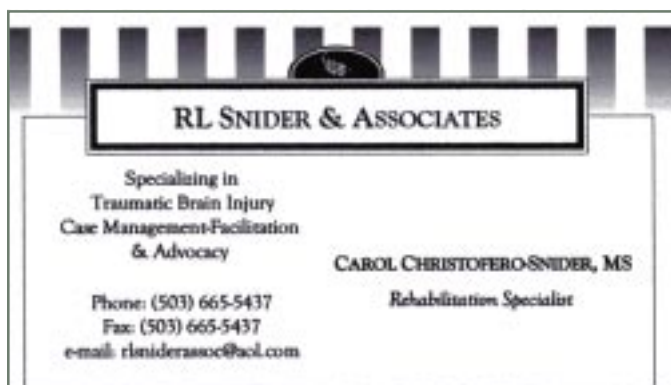
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## Housing Explored

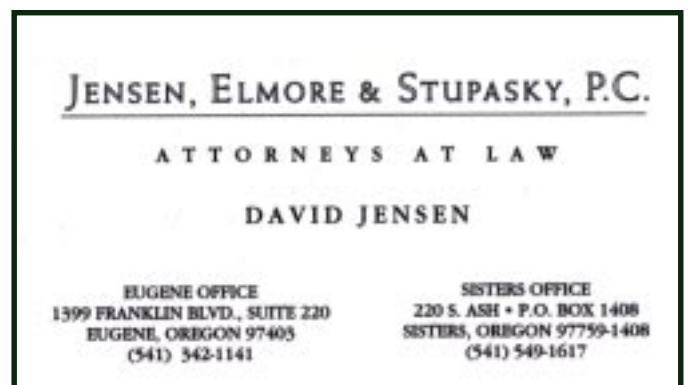
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**D**uring the thirteen (13)  
town meetings conducted  
last year by the Brain Injury  
Association of Oregon and  
Teaching Research-Eugene,  
supportive housing was one of  
the most frequently identified  
needs. Exploratory discussions  
have begun in Eugene that could  
lead to development of more  
such housing. A specific objective  
of the effort is to explore housing  
options for persons who are not  
on SSI or SSDI and are not  
eligible for Medicaid assistance.  
Lane Shelter Care, a Eugene area  
non-profit organization that  
develops and manages housing  
for individuals with special needs,  
has been approached and is  
willing to explore feasibility with  
interested parties.

Interested in becoming involved?  
Mary Bunch is looking for  
families that would like to  
participate in the planning  
process for the new project.  
Please contact her at 541-686-  
1262 (W) days or 541-998-  
3048 (H) evenings for more  
information.



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# Governor Creates Brain Injury Task Force

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On April 4, 2001, Governor John Kitzhaber signed Executive Order EO 01-02 creating the Governor's Task Force on Traumatic Brain Injury. The 16 person task force will include survivors of brain injury, family members, representatives of organizations advocating for persons with brain injury, medical professionals, an insurance industry representative, state



agency representatives, and two members of the legislative assembly. The task force is charged with:

- Analyzing and making recommendations regarding a coordinated state response to brain injury, taking special note of the input provided during the town meetings conducted in 2000 by the Department of Education and BIAOR;
- Exploring sources of funding for a TBI Trust Fund to provide support and assistance to survivors;
- Review costs and benefits of establishing an Oregon TBI Registry and Surveillance Program which would provide better data for brain injury prevention and service planning; and
- Review and recommend on the establishment of a Brain Injury Advisory Council to advise the governor and legislature on the needs of persons with brain injury.

For a copy of the Executive Order call the Brain Injury Association office. Or, you may

print it from the web at

<http://www.governor.state.or.us/governor/legal/execords/eo01-02.pdf> .

Thanks to Governor Kitzhaber and to Senator Kate Brown of Portland who requested that the governor establish the Task Force. Thanks also to Julia Cooley of the governor's staff who helped getting us to this important milestone. The next step will be to confirm Task Force nominees and establish and detailed work program and meeting schedule. It is anticipated that the Task Force would accomplish its work in approximately one year so that any recommendations coming out of its work could be incorporated into state agency budgets and incorporated into draft legislation prior to the 2003 legislative session.

Severe spasticity is tight,  
stiff muscles that make movement –  
especially of the arms and legs –  
difficult or uncontrollable.

**Has a brain injury  
given you or  
someone you care for  
this symptom?**

There are ways to help control even the most  
severe spasticity in adults and children.

For more information, talk to your doctor and call  
Steve Garland with Medtronic at 1-800-638-7621, ext. 95886.



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## Sense of Belonging

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**D**o you belong (to the BIAOR, that is)? Your membership in BIAOR is important for many reasons. This issue of the Headliner focuses on Advocacy. Imagine the power your advocates would have in Salem if they were able to say, "We represent an organization of 3000 members"! The Centers for Disease Control and Prevention estimate that over 3000 Oregonians are hospitalized for brain injury each year. Imagine if all those people, their families, and the professionals who work with them ALL joined!

Becoming a member is easy. Simply fill out the form in this issue. If you work for a corporation or business, please ask if they will make a generous contribution to the BIAOR. If your work involves helping people with brain injury, please consider making a tax-deductible donation now. If you are a family member, the dues for a whole year are less than one double- latte a MONTH! And if you are a survivor with limited means, there is a special category for you: just \$5.

Please help us continue to advocate for all survivors of brain injury. And help us keep the Headliner coming to YOUR home. Please renew your membership today!

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## 2001 Annual Conference

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**H**ope and Help 2001, the BIAOR Annual Conference and Membership meeting is scheduled for Saturday, October 6th at the Holiday Inn Select in North Wilsonville, (I-5 exit 286), a few miles south of Portland off I-5. The conference theme is "Reclaiming Life After Brain Injury" and will feature significant survivor participation. The program is still being developed. Registration information will be sent out in August and will be posted to the web site. Please save the date!

## Support

|                 |  |
|-----------------|--|
| Albany          | Albany Bits  |
| Ashland         | Mind over Matter   |
| Bend            |  |
| Columbia County |  |
| Coos Bay        |  |
| Corvallis       |  |
| Drain           |  |
| Eugene          | Brain Power<br>Heads Up<br>SOOHIP<br>Ulhorn Program<br>Veterans' SG<br>CRSO                                  |
| Forest Grove    | Women's Brain Injury   |
| Grants Pass     | Turning Point  |
| Klamath Falls   | Spokes   |
| La Grande       |  |
| Medford         | Turning Point  |
| Newport         |  |
| Pendleton       |  |
| Portland        | Brainstormer I<br>Brainstormer II<br>Family, Spouse &<br>Professional<br>Faraday Club<br>SPHINKS<br>TBI Club |
| Redmond         |  |
| Roseburg        | Umpqua Valley DisAbilities   |
| Salem           | Salem<br>Salem Social Club<br>Parents of Teens with TBI  |
| Vancouver, WA   |  |



# Groups

|                          |              |
|--------------------------|--------------|
| Facilitator needed       | Call BIAOR   |
|                          | 541-779-5646 |
| Amy King                 | 541-617-2682 |
| Terry Harmon             | 503-543-6374 |
| Facilitator needed       | Call BIAOR   |
| Sarah Hawkins            | 541-757-5043 |
| Facilitator needed       | Call BIAOR   |
| Melody Chord             | 541-682-5311 |
| Mary Bunch               | 541-998-3048 |
| Rodney Eldridge          | 541-870-7456 |
| Trudy Maloney            | 541-345-4244 |
| David Epstien            | 541-607-0897 |
| Jan Johnson              | 541-342-1980 |
| Facilitator needed       | Call BIAOR   |
| Pam Ogden                | 541-776-3427 |
| Wendy Howard             | 541-883-7547 |
| Cheri Brandon            | 541-962-8849 |
| Pam Ogden                | 541-776-3427 |
| Facilitator needed       | Call BIAOR   |
| Joyce McFarland-Orr      | 541-278-1194 |
| Dr. Jane Starbird        | 503-413-8918 |
| Dr. Gregory Cole         | 503-413-7707 |
| Jan Dwyer                | 503-413-7707 |
| Arvid Lonseth            | 503-413-7707 |
| Janet Eakin              | 503-413-7707 |
| Carol Christofero-Snider | 503-413-7707 |
| Amber Turnage            | 541-548-5545 |
| Vance Morris             | 541-672-6336 |
| Steve Paysinger          | 503-561-5986 |
| Pam Olson                | 503-588-7594 |
| Lori Dygert              | 503-873-9507 |
| Facilitator needed       | Call BIAOR   |

## BRAIN INJURY ASSOCIATION OF OREGON

### BIAOR, PORTLAND CHAPTER

New member       Renewal

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

#### TYPE OF MEMBERSHIP:

Survivor Courtesy \$ 5 (A reduced rate for those persons with a brain injury or family members who have limited resources)

Basic \$ 35

Professional \$ 50

Sustaining \$ 100

#### SPONSORSHIP:

Bronze \$250       Gold \$1,000

Silver \$500       Platinum \$2,000

Additional donation/memorial \$ \_\_\_\_\_ given in memory of:

\_\_\_\_\_ [Name]

#### MEMBER IS:

Individual with Brain Injury

Family Member

Professional - Field \_\_\_\_\_

Other \_\_\_\_\_

#### TYPE OF PAYMENT:

Enclosed is my check for \$ \_\_\_\_\_ (checks payable to BIAOR)

Charge my VISA / MC / Discover

Card Number: \_\_\_\_\_

Expiration date: \_\_\_\_\_

Print name on card: \_\_\_\_\_

Signature of Approval \_\_\_\_\_

Your contribution is tax deductible.

#### MAIL TO:

Membership

Brain Injury Association of Oregon

1118 Lancaster Dr. NE, PMB 345

Salem, OR 97301

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## Bend Brain Injury Support Group

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The brain injury support group in Bend plays a vital role in the recovery of people with TBI in Central Oregon. "The group is a place for people to find support, understanding, and encouragement," according to Amy King, MSW, support group facilitator. The group meets once a month and its participants vary in

"The group is a place for people to find support, understanding, and encouragement"

terms of length of time post-injury. Families and friends are also encouraged to attend. The camaraderie and understanding generated within the group setting is what makes it such a vital piece in the over-all recovery of a person with TBI. According to

King, if there is anything she hopes people get from the group, it is to find a place where the members feel supported and emotional healing can take place. The brain injury support group has enjoyed a wealth of knowledge from various facilitators and participants over the past 15 years. It now falls under the auspices of the Community Support Group Program operated by St. Charles Medical Center and is professionally facilitated by Amy King, MSW. The group meets the second Saturday of each month from 10:30AM to noon in the Rehabilitation Conference Room at St. Charles Medical Center. For more information contact, Amy King, (541) 617-2678.

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## Portland "TBI Club" News

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Members of the Portland TBI club have formed a committee to refurbish used donated computers to be given to survivors in the club. TBI Club member David Jensen has

spearheaded this effort with requests from the public by a radio PSA and with personal contact to individuals and businesses for computer donations. David and Sandra Ward made the first gift from the committee of a refurbished computer to TBI Club member Connie Stokes last month. They hope to make a second gift to a club member in May.

David and Sandra still need volunteer help in the area of technical support. Some club members need help setting up their computer and learning to use e-mail and performing basic functions. If you can volunteer in this area or with refurbishing of the computers please e-mail David, [djensen@hevanet.com](mailto:djensen@hevanet.com) or call Sandra Ward at 503-735-4871. Thanks to David and Sandra for their initiative and great work on this project.

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## Wally Earle Retires

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Uhlhorn Apartments in Eugene, held its 11th Anniversary Party and Barbecue on May 20th. The party also provided an opportunity for residents and friends of Uhlhorn and the Uhlhorn Program to bid a fond farewell to Wally Earle who is retiring this June and will be moving to Arizona to be near his family.

Wally has served on the Board of Directors of the Brain Injury Association of Oregon since 1996 and was its Vice-President from 1999-2000. He has been active in legislative advocacy for persons with disabilities, always

urging collaboration with others so that “we speak as one voice” to power. Wally was active in the late 1980’s in promoting the development of Uhlhorn Apartments. Later he worked on the development of River Kourt Apartments. For the past decade, he has administered the Uhlhorn Program that provides supportive services and life skills training to persons with brain injury. And he has served as a peer mentor to persons with brain injury as they rebuild their lives.

Thank you, Wally, for all your contributions. You have our best wishes as you undertake the next stage of your journey.

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## Health Insurance Guide Available

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The Oregon Insurance Division has issued a new *Consumer Guide to Health Insurance* that is available free of charge. The guide is designed to inform Oregon

consumers of their health insurance rights, how to obtain insurance coverage, and where to go for additional assistance. A version is available online at the following web page [www.cbs.state.or.us/external/ins/docs/consumer/health.htm](http://www.cbs.state.or.us/external/ins/docs/consumer/health.htm)

or go to the Division’s web page at [www.oregoninsurance.org](http://www.oregoninsurance.org).

The guide is also available in hard copy free of charge by calling (888) 877-4894 or (503) 947-7984.

TBI Opportunity: The Dean-Woodcock  
Neuropsychological Research Project

The primary goal of this project is to determine neuropsychological impairment. Areas measured include memory, comprehension, visual and auditory perception, and others.

If you have had a brain injury (any ages), and are interested in participating, a researcher will administer three sets of tests in three sessions (about nine hours total). You will receive \$15 per hour and the results of the tests (if requested).

Please contact Jessica Sund, toll-free, at 1-888-917-7719 or [sundjess@aol.com](mailto:sundjess@aol.com)

Dear “Headliner”,

I wanted to pass along some WEB information that I found most useful after my TBI: The Albert Ellis Institute, <http://www.rebt.org/> has some essays on “Rational Emotive Behavior Therapy” (REBT). In particular the October 1999 “Living With A Disability, A Rational Approach” is my favorite ...

There also was one I found on “ The Rational Management of Anger” by Wayne Froggatt, <http://www.rational.org.nz/prof/docs/anger.htm> was good also using the same technique.

I have found this self-therapy to most beneficial to my rehabilitation.

David E Watts  
[Docresin13@aol.com](mailto:Docresin13@aol.com)

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# Empowering Survivors

*By Garet Martin*

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**R**ecovery is hard work. As a brain injury survivor, I have encountered many challenges and obstacles as part of my recovery, as I'm sure you have too. Our relationships with friends; family and employers have changed because of the effects of our injury on who we are today. At times, we are frustrated, not only because of our personal limitations. Sometimes those we depend on to help us lack time and resources or fail to consider that we are unique

As survivors, we have important insights on what it takes to help others.

individuals with differing aspirations, objectives, and priorities; in our pursuit of greater independence and quality of life.

How can we best empower ourselves and other survivors? We often feel we have more

than we can do just recovering and coping day to day. Those of us in brain injury support groups have found a wonderful opportunity to share our experience, strength and hope with one another. But what about those newly recovering survivors in hospitals and rehabilitation facilities? They may not know of BIAOR and our support groups or have adequate family support. We need to reach them.

We can do this by organizing and participating in survivor outreach groups, as an extension of our existing support groups. Family members can do the same with families of survivors. So, how does this work? Simple. As survivors, we have important insights on what it takes to help others. We contact trauma and rehabilitation centers and tell them that we are interested in providing information to survivors of brain injury and their families.

Just as we do in our support groups, we share our experience, including what happened to us, what has been helpful in our recovery and how we manage today. We offer our experience, strength and hope and let them know there is peer support as soon as they're ready for it. This format has proven successful with all types of recovering people for decades. We leave a BIAOR pamphlet with them and provide them with support group information.

In Portland, I am starting the Survivor Outreach Support or SOS Group. If you are interested in being involved, or if you wish to start a group in another community, please call me at (503) 248-1093 or the BIAOR office at 800-544-5243 for additional information.

## KAMPFE MANAGEMENT SERVICES



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# Profs & Survivors Improve Computer Access

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Sharing the premise that students learn most effectively when they are actively involved in the learning process, Stephen Fickas, full professor in Computer Information Science (CIS) and McKay Moore Sohlberg, associate professor in the Communication Disorders Program in the College of Education undertook collaborative project in Spring 2000. They combined their classes for the term to solve a problem: designing software to improving computer access by persons with cognitive disabilities.

Steve's advanced software engineering class and McKay's class for student clinicians working with individuals with memory impairment teamed up to tackle the problem. The software engineering students were divided into work groups assigned the following tasks:

- develop specialized e-mail programs that would allow persons with severe memory impairment to independently use e-mail
- design a travel assistant that would permit persons with cognitive difficulties to access the community (e.g., go to the mall) by wearing a computer that then reminded them where they were going and gave them continuous location information so they could utilize the bus system.
- develop a computer evaluation that would identify the types of supports an individual needs in order to utilize the assistive technologies.

McKay's class and its clients with memory impairment teamed up to provide initial information and to test and evaluate the software design alternatives on an ongoing basis as they were developed. The course began with McKay lecturing on the changes in memory and cognitive abilities that occur following brain injury. She provided the theoretical background and invited three persons with brain injury to describe how

changes in these abilities affect their performance of daily activities including the use of computers. The software design students used this information in conjunction with course content to design relevant software. They were also able to evaluate their work by observing the clients with memory impairments trying to use their designs.

The experience was mutually beneficial as described by the students. One wrote:

"I thought the most useful part was having the clients review our designs and prototypes. They had a different set of expectations and needs with the software that were not obvious until we asked them questions or sat them down in front of the screen."

The CIS students waited patiently. They needed the information he possessed. Mike later shared with McKay how great it felt to be useful.

McKay reported that her favorite moment was watching the software engineering students ask Mike, a young man with severe brain injury, his opinion about how a computer screen should be formatted. His labored speech, while slow, contained important insights about what people with memory problems needed in order to use the computer application. The CIS students waited patiently. They needed the information he possessed. Mike later shared with McKay how great it felt to be useful.

The collaboration continues. Drs. Fickas and Sohlberg completed a preliminary study last

*CONTINUES ON NEXT PAGE*

*Our Error:  
The Headliner Apologizes: In the Winter 2001 Headliner, the poem entitled "True Love Can Wait" should have been credited to Anthony Wall (not Hall). We are very sorry, Anthony.*

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CONTINUED FROM PAGE 13 . . .

summer to learn more about the specific needs of persons with a variety of cognitive impairments for using different computer applications. They have submitted a proposal for federal funding to further develop and

investigate these ideas. If funded, their project will be hiring people with brain injury as research assistants.

*Originally published in the Fall 2000 Lizard—A publication of the U of O Teaching Effectiveness Program*

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## Benefit Help on the WEB

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The National Council on the Aging has BenefitsCheckUp at its web site to help older adults quickly identify programs that may improve the quality of their lives. However, this tool also works for persons with a disability, so don't be misled by the term "aging." Family and friends can also obtain facts about benefits that their loved ones may qualify for. To check out this tool, go to [www.benefitscheckup.org/](http://www.benefitscheckup.org/) and follow the instructions.

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## Become SOOHIP!

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The Support Organization of Head Injured People (SOOHIP) in Eugene is inviting persons who have experienced brain injury to join it in sharing in support and enjoyable social activities. SOOHIP meets every Thursday at 12:15 PM at the Hilyard Community Center, 2580 Hilyard Street in Eugene (541-682-5311). For more information, call [name] at [number].

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## BIAOR-Portland Activities

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Brainstormers II support group has initiated a monthly social get together on the 4th Saturday at Godfather's Pizza, NE 12th and Broadway from 1-3 PM. Everyone is welcome. Call 503-413-7707 for more information.

The TBI Club is planning a Brain Injury Awareness and Fund Raising Walk-a-Thon for October 20th. The walk is planned for the Lloyd Center in NE Portland. More details will be available as October nears. Call 503-413-7707 if you would like to volunteer or participate.

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## Portland TBI Club announces website

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The Portland TBI Club now has it's own web site. The site was produced by a club member and survivor, Ryan Perkins. Ryan took a weekend class on web site design with his parents. From what he has learned he produced the TBI Club site. Ryan will continue to update the site with meeting information and other information for club members and others. The site address is:

[www.geocities.com/thetbiclub](http://www.geocities.com/thetbiclub)

Our thanks to Ryan for a great job. We hope to be linked to the state site in the near future.



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The Oregon Brain Injury Resource Network's (OBIRN) mission is to improve access to information for individuals with brain injury, their families, and the professionals who serve them. Contact OBIRN at (800) 544-5243.

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## Information on the WEB

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In this issue I want to make you aware of some great resources available via the Web.

When searching for information about brain injury the national Brain Injury Association's site is a great place to start. My favorite part of this web site is found by clicking on the Treatment and Rehabilitation link. On this page you'll find information on many aspects of brain injury. Clicking on the Road to Rehabilitation button will bring up a series of brochures written by various experts. The seven brochures cover the topics of pain, headaches, cognition and memory, behavior changes, speech, drug therapy and spasticity. The brochures give definitions, outline causes and explain treatment options in each area, with a detailed yet approachable style ideal for individuals with brain injury and those who help them.

If you want more information click on the Ask the Doctor! link. Ask the Doctor is a column that regularly appears in the Brain Injury Association's quarterly magazine Brain Injury Source. Dr. Nathan D. Zasler writes most of the columns. Here you'll find Dr. Zasler's answers to questions about Alzheimer's, Anoxia, Balance, Coma Stimulation, Fatigue, Glasgow Coma Scale, Post-Traumatic Headaches and more.

Next, click on Family News and Views Articles. These articles are written by Carolyn Rocchio and are based on her personal experiences as the parent of a son who sustained a brain injury in 1982. Topics covered in these articles include Safe Driving After Brain Injury, Epilepsy as a Consequence of Brain Injury; Sexuality is a Family Matter and many others.

There's lots more helpful information available on the BIA web site so go to

<http://www.biausa.org/>

and check it out.

Another great web resource is Dr. Glen Johnson's Traumatic Brain Injury Survival Guide. In this guide Dr. Johnson covers issues such as Memory, Headaches, Problems Getting Organized, Getting Overloaded, Sleep Disorders, Fatigue, Anger and Depression, Word-finding and much more. It's definitely worth looking at. You can find the Guide at

<http://www.tbiguide.com/index.html>

If you don't have access to the web and would like copies of anything mentioned in this column just give me a call and I'll send it to you.

## Resource Review





# the HEADLINER

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Oregon TBI Model System



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