



Client Programs

Resource Navigation



Resource Navigation is our foundational support program for survivors, family members, and caregivers. It is intended to be quick and easy to access.

Whether it's over the phone, email, text, or in-person, BIAC has staff ready to provide support. No application is necessary – just give us a call to get started with one of our phone-based Resource Navigators.

All ages can access this free support.

*Note for non-traumatic brain injury survivors (stroke, anoxia, tumor, medical or disease processes such as meningitis or encephalitis): In-person services available for in the Denver Metro region.

Examples of support:

- Finding medical providers
- Understanding brain injury
- Filling out paperwork
- Connecting to community-based resources
- Problem-solving

Self-management/Skill Building



Self-management is a program designed for survivors of a TBI who want to invest time in improving their skills in specific areas that can be challenging after a brain injury.

BIAC Advisors will work one-on-one with each participant to assess their strengths and weaknesses, identify natural supports in their life, and develop strategies for building specific skills with the goal of greater self-sufficiency.

During this **six-month program**, participants will meet with their Advisor for an average of **4 hours per month** to work on skill-building.

Participants will have regular homework outside of meetings with their Advisor which will be reviewed each time they meet.

Areas of focus for Self-management*:

Communication:

- Calling and scheduling appointments
- Pre-planning for meetings with professionals

Scheduling/Planning:

- Using a calendar
- Managing schedules
- Meal planning

Prioritization/Organization:

- Organizing and managing paperwork
- Managing important contacts
- Sorting mail and understanding its contents
- Creating and prioritizing a to-do list

**Participants can identify up to 3 specific tasks listed below which they would like to work on during the six months in services*

Education Consultation



After a brain injury, children and youth may have challenges in the classroom and their families may need support navigating the education system.

BIAC has a Youth Education Liaison specialist on staff who provides free, statewide consultation and support services to children and youth, aged 0-21, with a documented brain injury.

Examples of support:

- Providing parent/guardian education of services and programming options available in schools
- Assisting in the partnership between parents and schools
- Educating parents and school teams on how a student has been impacted by their brain injury
- Collaborating with schools on intervention planning
- Attending transition, IEP, MTSS, and other planning meetings
- Partnering with hospitals to help with transition to school
- Any other student specific educational needs/concerns/questions

We also provide:

- Classes and workshops
- Support Groups
- Educational Materials
- Newsletter
- Recreation/social activities

How to connect with BIAC

Online Referral Form: <https://biacolorado.org/referral/>

Email: info@biacolorado.org

Phone: 303.355.9969, toll-free 1.800.955.2443



The Brain Injury Alliance of Colorado is the go-to resource for help and services for survivors of an injury to the brain, their families and providers.

The Brain Injury Alliance of Colorado is a 501c3 nonprofit. EIN 84-0893049