**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: