

TBI Forum Summary
A New Year, A New Life: Recovery After Brain Injury
Wednesday January 23rd 2008

The TBI Forum is a monthly evening educational program for persons with TBI and their friends, family members and caregivers, held at the UW and Harborview Medical Centers. The forums provide current information on a variety of topics relevant to the TBI community, such as maintaining good nutrition, assistive technology, recreational activities and recovery research. 35 people attended our first TBI Forum event at the University of Washington. Dr. Kathleen Bell and Dr. Jo Ann Brockway from the Department of Rehabilitation Medicine at the University of Washington were on hand to answer questions and to discuss the basics of what a brain injury is and what people can expect to encounter as they begin to recover after a brain injury. Below is a summary of forum comments and evaluations from forum attendees. The TBI Model System at the University of Washington is dedicated to promoting the best health and recovery in persons with traumatic brain injury by using information gained from cutting edge research in clinical care. Participation and feedback from TBI survivors, family members and service providers is invaluable in helping us to meet this goal. We hope to see you at future TBI Forum Events!

Evaluation Summary

1=Poor 5=Outstanding.

1) The forum contributed to my knowledge about what a traumatic brain injury is.

Min:	2
Max:	5
Avg:	3.9
N=	29

2) The forum contributed to my knowledge about how a traumatic brain injury affects the lives of survivors and their families.

Min:	2
Max:	5
Avg:	3.8
N=	29

3) The forum contributed to my knowledge about how people with a traumatic brain injury and their families cope with the consequences of brain injury.

Min:	2
Max:	5
Avg:	3.7
N=	29

4) The knowledge or understanding I gained from the forum will change what I do in some way (for example, behavior and/or social interactions in everyday life, professional work, clinical practice, advocacy).

Min:	2
Max:	5
Avg:	3.6
N=	27

Attendee Comments

Basic info on defining a TBI was satisfactory. Did learn some new things. Did not feel that the forum adequately addressed the concerns of family members. Probably need a separate forum for this topic. Also would like to see a forum on community resources for activities, training and schooling.

Lots of good information. Thank you so much.

I am always looking for more info on TBI to help improve my life. Thanks from a survivor.

Really glad you are doing this. I will invite friends from rehab without walls for the next one.

I found the session very informative, but the PowerPoint presentation just did not have much to do with the discussion.

I would recommend posting the ground rules on the door outside as well as announcing them at the start. This might be a help in tactfully helping with disinhibition.

A lot of this was basic stuff but the presentation was good.

This was an excellent session. The presenters were extremely knowledgeable and helpful and I will be attending future forums.

This really helped fill in a lot of the blanks.

Suggestions for Future Forum Topics

Resources- Day facilities	Adjusting to disability (patient and family)
Art and music therapy	Aphasia
Educating public on TBI	Latest research
How to learn about yourself	Understanding neuropsych evals
How to respond to people	Financial impact of TBI
How to communicate effectively	Navigating DSHS and SSI
Self respect/ self confidence	Hearing problems and communication
TBI Advocacy	Employment and community integration
Spasticity	Behavior change after TBI
Botox therapy	Assistive technology
Before and after stories	Caregiver issues
Success stories	Teenage and child TBI
Meditation and naturopathic therapies	
Drug and alcohol use	