



Brain Health & Wellness

A PROGRAM OF BIAWA™

FALL 2022 OCTOBER—DECEMBER CLASS CATALOG



SWEDISH



UNIVERSITY OF WASHINGTON

TRAUMATIC BRAIN INJURY
MODEL SYSTEM

PATIENT CARE • RESEARCH • EDUCATION & TRAINING

MultiCare

Good Samaritan Hospital

Brain Injury Alliance of Washington increases public awareness, support, and hope for those affected by Brain Injury through education, assistance, and advocacy. We serve all Washingtonians affected by Brain Injury including survivors, caregivers, and family members.

For more information contact us at brainhealth@biawa.org or call the Washington Brain Injury Resource Center at **1-877-982-4292**, or <https://www.biawa.org/>.



Brain Injury
Alliance
WASHINGTON

Brain Injury Alliance of Washington

Our **vision** is a world where Brain Injury is prevented, and every person already affected by its impact benefits from resources that maximize their quality of life.

Our **mission** is to increase public awareness, support, and hope for those affected by Brain Injury through education, assistance, and advocacy. BIAWA works on a daily basis with individuals across Washington on the phone, in-person, and in group settings to enhance the quality of life of survivors of Brain Injury and their loved ones. BIAWA operates the toll-free Washington Brain Injury Resource Line, provides in-person resource management and clinical care management, offers academic scholarships, and organizes outings for survivors of Brain Injury and their caregivers throughout the year.

Brain Health & Wellness Program

The BIAWA Brain Health & Wellness Program offers non-clinical classes to enhance social and organizational skills, relationships, and communication that are free and beneficial to all. The classes create the opportunity to acquire new skills and take ownership of one's health and well-being. While most of the topics are tailored to survivors, there are a few included for family members and providers in the Brain Injury Community. Even if a class is "tailored" to a particular audience, anyone can benefit from them. The Brain Health & Wellness Program focuses on classes that support a sense of community for survivors and family members. Classes do not prescribe or diagnose, but offer more generalized information and advice.

Registration

Registration is now open! All classes are **free**. All classes are taking place VIRTUALLY. You must register to get the information to connect to the class on Zoom.

Register online:

- Go to www.biawa.org/calendar
- Click on the class you want and follow the directions to register.
- You will need an email address to register. If you do not have an email address, please call BIAWA for assistance at **1-877-982-4292**.
- Once you submit your registration, you will receive a confirmation email.
- One to two days before the class, a Zoom link will be sent out to those that have registered.
- Unless otherwise noted, you must register for each class and session separately.

You can also email or call at brainhealth@biawa.org or **1-877-982-4292** for help with registration.

Prevent Falls After Brain Injury

Beth will review and explore ways to continue protecting the brain and bodies after a Brain Injury. Falls are common after Brain Injury. In this class we will discuss how to track our fall risk, bolster our balance and stability, and identify ways to decrease risk of falls. This class is beneficial not only to survivors of BI, but also caregivers and family members whom can utilize the information for the people they are helping.

Monday October 10th 2022 • 12:00PM — 1:00 PM

Facilitated by: Bethoney McAndrews, PT, DPT, University of Washington Neurologic Physical Therapy Resident

Memory and Attention Tools

Dr. Del Piero will discuss strategies for improving memory and attention following Brain Injury. Topics will include the biology of different thinking skills, use of specific strategies and tools to improve thinking skills, and discussion of the different factors that can cause cognitive difficulties in daily life. Opportunities for discussion about ways to implement different strategies to improve memory and attention concerns will be included. This class is beneficial to a variety of audiences.

Thursday November 3rd 2022 • 12:00PM —1:00 PM

Facilitated by: Larissa Del Piero, PHD, Director, VA Puget Sound Healthcare System Center for Polytrauma Care & Long COVID Program Clinical Program Manager, Assistant Professor for Department of Rehabilitation Medicine at University of Washington

Relaxation and Mindfulness Practices after Brain Injury

Mary will provide tips on developing a relaxation practice, such as mindfulness meditation or imagery. Pain is common after BI. Managing pain typically requires more than one strategy or treatment. While some people benefit from medication, others need to include exercise and other approaches too. One strategy that is recommended to manage pain is learning how to relax. This class will explore how the mind and body work together during pain and how relaxation can help and end with a short relaxation practice.

Wednesday December 7th 2022 • 12:00 PM — 1:00PM

Facilitated by: Mary Curran, MSW, LICSW

Resource Line

The toll-free Resource Line provides support throughout Washington state for individuals with a Brain Injury, their caregivers, loved ones, and professionals. Our trained Resource Line Specialists will help you locate the appropriate supports including: medical providers, legal representation, and community support from agencies and support groups. The Resource Line is available Monday-Friday 9 am to 5 pm by calling **1-877-982-4292**.

Check out our online calendar!

Our online calendar is a great way to stay updated on all things happening at BIAWA and the Brain Injury Community! It lists all upcoming Brain Health & Wellness classes, Support Groups throughout the entire state of Washington, upcoming social engagement outings, and conferences. BIAWA recognizes the value of social engagement in enriching the quality of life for individuals with Brain Injury and their families. We provided numerous activities through the year including trips to the Annual Art Show, dinners, and sporting events. For more information on upcoming events and classes, please visit our calendar at

biawa.org/calendar



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