

The Brain Injury Association of New Zealand Inc

# Brain Injury Association

## Wellington, Kapiti, Wairarapa

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# The Brain Injury Association of New Zealand Inc

Kia ora, I'm Cheryl

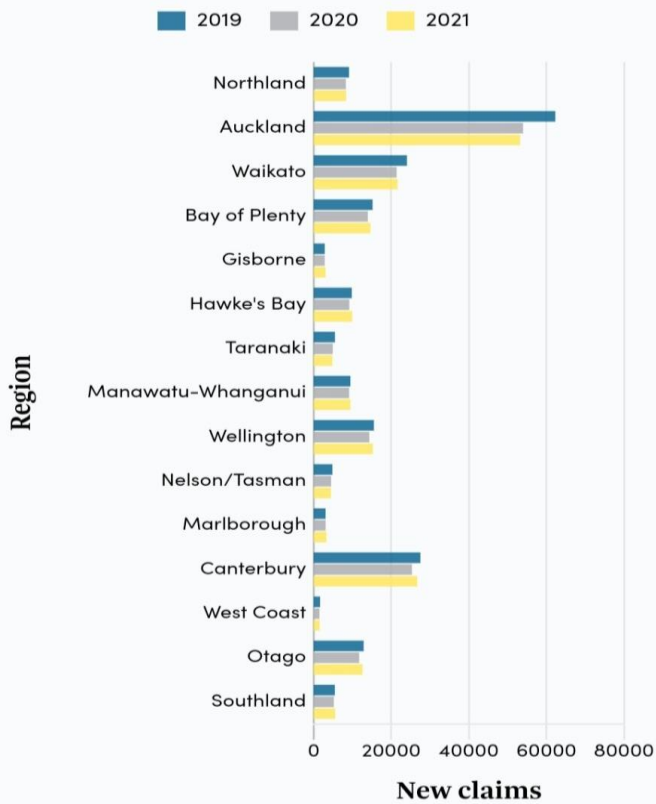
We will cover:

- The risk of brain injuries
- The physical and emotional impact of brain injuries on the injured, their friends, and whanau
- Where and how to seek support

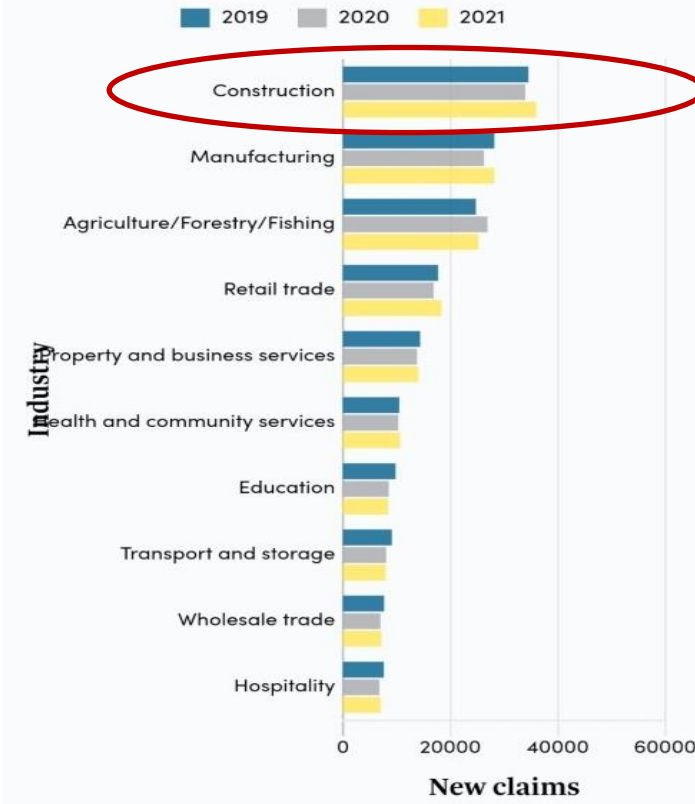


# Brain Injuries can Happen Anywhere, Anytime

New work-related claims, by region



New work-related claims, by industry



One person every **15** minutes

SUSTAIN BRAIN INJURIES EVERY DAY

# Construction Workers at Highest Risk

## Causes

- A Traumatic brain injury is caused by an external impact from **sudden violent motion** that does not include a break in the skull
- Closed head injury results in:
  - Swelling or
  - Bleeding within the skull, which

## Dramatic impact

- Family
- Job
- Social
- Community life



# Effects of Brain Injury

- Physical problems
- Cognitive problems
- Emotional and behavioural problems
- Job loss/ disruption
- Difficulties with social interactions and family relationships



# A Quick Look at the Brain

## The brain

Each cerebral hemisphere has **four parts called lobes**. Each lobe controls different functions but **they all work together**.

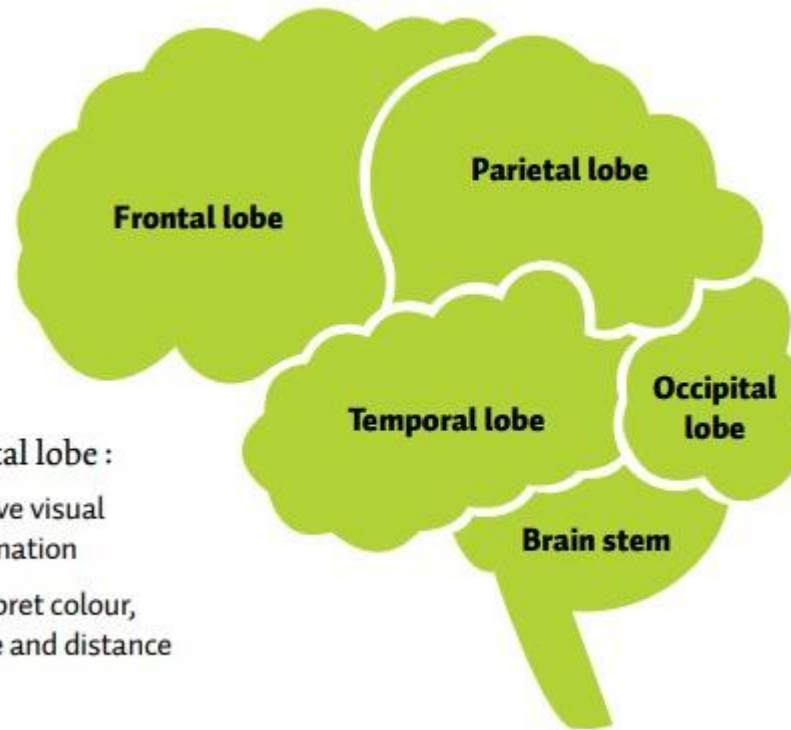
Below is how the different parts of the brain help your body to function.

### Frontal lobe:

- Think, plan and organise
- Work out how to do things
- Control emotions and impulses
- Get along with other people

### Occipital lobe :

- Receive visual information
- Interpret colour, shape and distance



### Parietal lobe:

- Know how your body feels and what position it is in e.g. standing or lying down
- Tell left from right
- Recognise things by sight or touch
- Read

### Temporal lobe:

- Forms new memories
- Order things in your mind
- Categorise objects
- Understand sounds such as speech and music

### Brain stem:

Controls vital life functions:

- Breathing
- Heart rate
- Consciousness
- Ability to sleep

## Definition - Traumatic Brain Injury

Traumatic brain injury is a **specific type of damage to the brain** that results when the head: hits a stationary object or a moving object

- is hit e.g. falls (**Leading culprit in construction**)
- objects falling, accident; assault
- Penetrating objects e.g. nails, tools
- Slipping & Tripping
- Airborne & Material Exposure
- Struck-By a vehicle
- Scaffold-Related Injury

A concussion, also known as a **mild traumatic brain injury**, is caused either by a direct blow to the head, face, neck or elsewhere on the body with a force to the head.



# Every Person with a Brain Injury is Different

## Symptoms

Brain injury can cause a range of problems and symptoms including:

- Headache
- Fatigue
- Nausea / Vomiting
- Blurred vision / Dizziness
- Deafness
- Short attention span
- Ringing in the ears
- Memory loss
- Moodiness
- Difficulty sleeping
- Irritability





# Common Problems & Consequences

## Common Problems

- Loss of Smell
- Taste Hearing Loss
- Visual Difficulties Balance Difficulties
- Motor Control and Coordination
- Fatigue
- Seizures
- Decreased Tolerance for Drugs and Alcohol
- Headaches
- Sleep Disturbances

## Consequences

### **Excess of behaviour**

- Agitation
- Impulsivity
- Perseveration: getting stuck, repeat or prolong an action.
- Verbal and physical aggression

### **Executive Functioning**

- Goal Setting
- Self-Monitoring
- Planning
- Making changes
- Starting a task
- Finishing a task

## Cognitive problems

- Short Term/Working Memory
- Attention
- Concentration
- Distractibility
- Decreased Verbal Fluency/
- Comprehension Information processing
- Arousal
- Problem Solving
- Charged Intellectual Functioning
- Abstraction and Conceptualization
- Slowed Reaction Time



**Difficulty with social interaction and family relationships.**

# Social Impact

- Affects both person and family/carers
- Can leads to isolation and relationship problems
- Affects the person's ability to deal with other health problems
- Affects the persons level of energy and memory
- Can lead to financial difficulties and stress



## Who can help?

- Talk with **your whanau**. If people don't know about your TBI, they find it hard support.
- **Brain Injury Association**
- **Health professionals** such as your doctor or occupational therapist
- **Community services** such as WINZ and online groups



# 99

New Zealanders  
sustain a brain injury  
everyday - there's  
help on hand

## How can you help

### **DONATE TO THE BRAIN INJURY NEW ZEALAND!**

Help keep the Brain Injury New Zealand active! As an incorporated charitable organisation, we receive no funding from the New Zealand government – we rely on a combination of fundraising, sponsorship, and donations to keep us going. We'd love your support!

**DONATE TO BRAIN INJURY**  
**ASSOCIATION WELLINGTON –**  
**GIVEALITTLE**