

Many visitors are here on our site because they have suffered a brain injury, the cause of which could be many things—from a car accident to a stroke, falling off a skateboard to asphyxia, and so many other causes. NIBN and this site are focused on building the Injured Brain Community, or, those people who have suffered a brain injury and are now living with an Injured Brain (Peers), their family members and caregivers, and providers of services.

As the picture below indicates, a brain injury occurs at a point in time, and afterwards we are living with an injured brain as we pursue a Recovery Journey. Each person's Recovery Journey is unique to him or her, and our hope is that you will embrace your Recovery Journey knowing that you are part of the Injured Brain Community that is here to support you along your path.



Even more, the phrase "Injured Brain" means so much more. It means each one of us is a person first, and the brain injury we've suffered does not define us! But it is something we live with. Consider the following amazing collection of statements made by more than 100 people in Nebraska who are living with an Injured Brain. They answered the question, What does it mean to live with an Injured Brain? This collection of words, phrases and statements binds us as one Injured Brain Community.

"A brain injury is an event, with a long impact. Sometimes lifelong.

You live with your injured brain.

We don't get to forget about it, like we do when we get stitches and they heal, or a broken bone and it heals.

It is with us.

Our injured brain makes us a new us, and that new us has challenges most people don't see and therefore don't understand.

I'm saying that I'm still injured. I have an injured brain, and that should mean something.

The causes are as diverse as the activities of our lives. Car accident. Work accident. Farm accident. Slipped and fell on ice. Fell playing dodgeball. Fell off a ladder. Had a stroke. Had one of many types of internal bleeding on the brain events. Shaken as a baby. Clobbered on the football field too many times, or just once.

You need to understand that my brain is damaged, hurt, wounded, and the brain takes a very long time to heal, if it ever does.

I may look normal and injury-free. But I will always be off balance. Or talk slower. Or be different emotionally than I was. Or not be able to do complex thinking or writing. Or be forgetful. Or seem like I'm in a fog. Or lose my train of thought. Or lose my car in the parking lot. Or repeat myself. Or more things. Or all of these things. Every day.

An injury to my brain was not on my mind. It just happened. Now that it is part of me, I am hoping you can help me along my journey to whatever level of recovery time will allow.

I need your understanding. I need your friendship. I need your mercy. I need your love and support. I was like you, once."