



Going head to head with TBI

TBI, or Traumatic Brain Injury, is extremely common in New Zealand, with a new brain injury occurring roughly every fifteen minutes. As sufferers of TBI will know, the road to recovery can have its challenges. But getting up to speed with the injury can help sufferers and their families & caregivers get there quicker.

ACC has compiled a wealth of educational resources you can use.

Find out more:

www.acc.co.nz/TBI

Translated resources

Many Mild TBI/Concussion resources are available in Te Reo Māori, Samoan and Simplified Chinese.

- [Translated TBI resources](#)

Mild TBI / Concussion

A concussion is a type of traumatic brain injury – or mild TBI. It is caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. Most people recover from mild TBI within the first three months. Find the resources below, including translated versions, in the [Mild TBI section](#) on ACC's website.

- [Knowing about your mild traumatic brain injury](#)
- [About the brain](#)
- [What is brain injury?](#)
- [Learning to live with brain injury](#)
- [Your rehabilitation](#)
- [Cognition – attention, concentration & memory](#)
- [Changes in behaviour mood and personality](#)
- [Fatigue management](#)
- [Coping with brain injury – for family and friends](#)
- [Alcohol and drugs](#)
- [Work and study](#)

Moderate / Severe TBI

A moderate or severe TBI usually means consciousness has been lost for 30 minutes or more, there has been memory loss longer than 24 hours, and there is damage to the brain visible with radiology (ie. a CT scan). Find the resources below in the [Moderate/Severe TBI section](#) on ACC's website.

- [Dealing with fatigue after a traumatic brain injury](#)
- [Dealing with headaches after a traumatic brain injury](#)
- [Effects of fatigue on communication after a traumatic brain injury](#)
- [Compensatory strategies after a traumatic brain injury](#)
- [10 units of energy guidelines](#)
- [Weekly planner](#)
- [Weekly shopping list](#)

Children with TBI

With an active lifestyle of sport and play, children are especially prone to minor bumps or blows to the head. If a child does suffer a head injury, there's plenty that can be done to help them recover. Find the resources below on the [ACC website](#).

- [Children with traumatic brain injuries](#)
- [Caring for your child after their head injury](#)