



**I AM A BRAIN INJURY SURVIVOR**  
which may affect my behavior and ability to communicate.

My name is: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Brain Injury Assoc. of VT: 1 (802) 244 - 6850

This card is to help avoid misunderstandings.

I can best communicate in a calm, non-confrontational manner. If I am experiencing a crisis and you need further information or assistance, please call my emergency contact.

Symptoms of a brain injury include:

- \* Poor coordination, balance or muscle control
- \* Blurred speech, vision, or impaired hearing
- \* Difficulty with attention, concentration, memory, or understanding
- \* Difficulty controlling anger and/or aggressive behavior
- \* Difficulty processing and slow response time
- \* Impatience, anxiety or agitation
- \* Seizures, headaches, or fatigue

Thank you for your courtesy and assistance!

A person with brain injury can carry this card to help avoid misunderstandings. To use, print out and cut along dashed edges. Add your name and an emergency contact's phone number. Fold in half and keep with you when you feel necessary. If you do not have access to a printer, please contact us, and we would be happy to print & send you a card!

For more information or to find out how the Brain Injury Association of Vermont can help you, please visit [biavt.org](http://biavt.org). Our Helpline is open Monday - Friday from 9am - 4pm, at 1-802-244-6850. You can also email us at [admin@biavt.org](mailto:admin@biavt.org).