

FOR RELEASE

March is Brain Injury Awareness Month

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Behavioral Problems Can Result from a Traumatic Brain Injury

YPSILANTI, Mich., March 24, 2008 — According to the Brain Injury Association of America, an estimated 90 percent of individuals severely disabled by a brain injury may experience emotional, behavioral or psychiatric problems. Of this group, roughly 40 percent may continue to struggle with behavioral issues five years after their injury.

For Dr. Claudia Osborn and her family, behavioral struggles following a brain injury are familiar territory. A graduate of Michigan State University College of Osteopathic Medicine, Osborn was a successful physician of internal medicine with an office and hospital practice in Detroit. But an accident in the summer of 1988 changed all that. Osborn was struck by a driver while riding her bicycle and sustained a traumatic brain injury.

As a result of her injury she struggles with adynamic behavior, which is a loss of drive that impacts her ability to initiate activities. She also found that she experienced what she terms a “flood” or overwhelming influx of emotions, making it difficult to process and solve even the simplest problem or complete a basic task.

These examples are a common result of behavioral problems resulting from damage to the frontal lobes, which control an individual’s organizational, planning, reasoning, communication and problem-solving skills. Osborn is certainly not alone in her struggle. For many brain injury survivors and their families, behavioral problems can range from mood changes and irritability to difficulty controlling one’s emotions and lack of inhibition.

While Osborn acknowledges that her rehabilitation did not cure her brain injury, it did provide her with compensatory strategies to help her cope. When she feels overwhelmed and unable to process, she refocuses her attention rather than trying to solve a problem she is unable to process at the moment. For her adynamia, she employs multiple stimuli to keep her engaged including a day-timer, computer, an alarm and recorder to help her stay on track. She also has a service dog that helps cue her during her day-to-day tasks such as taking her medication or finding her car when she comes out of a store.

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Claudia's story and more are featured in RainbowVisions magazine, a quarterly publication of Rainbow Rehabilitation Centers Inc. that covers all aspects of brain injury including clinical news, current technology, rehabilitation techniques, behavioral information and medical articles for industry professionals, patients and their families. To download a copy, log on to www.rainbowrehab.com. For additional resources about brain injury, visit the Brain Injury Association of America's Web site at www.biausa.org or the Brain Injury Association of Michigan's Web site at www.biami.org.

About Rainbow Rehabilitation Centers Inc.

Rainbow Rehabilitation Centers Inc. headquartered in Ypsilanti, Michigan has been a provider of rehabilitation services for children, teens and adults with brain injuries since 1983. With more than 30 residential locations, two treatment centers, a NeuroRehab Campus and a vocational center, our organization offers services that span nearly every aspect of brain injury recovery and rehabilitation. Our residential settings include adult homes, child and adolescent homes, townhouses and semi-independent living apartments. Day treatment and outpatient services are also available.

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