

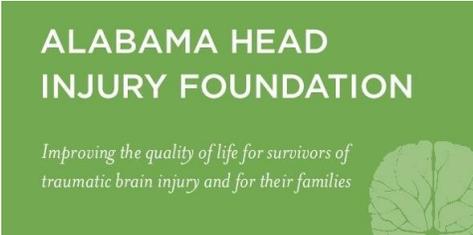
What is Alabama Head Injury Foundation?



Alabama Head Injury Foundation (AHIF) is a nonprofit organization that provides support services for survivors of traumatic brain injuries and/or traumatic spinal cord injuries and for their families. In many cases, medical care and rehabilitation can lead to significant recovery for TBI survivors, but the return to life after TBI can be a longer struggle, especially in adjusting to the “new normal” that exists for both the survivor and for their family. AHIF never charges for any of its services, and will work with you to achieve the best quality of life possible.

AHIF Services

- Support Services
- Respite Care
- Advocacy
- Recreational Camps
- Counseling
- Support Groups
- Therapy Camps
- Caregiver Programs



The First Step is to Contact Your Local AHIF Support Specialist

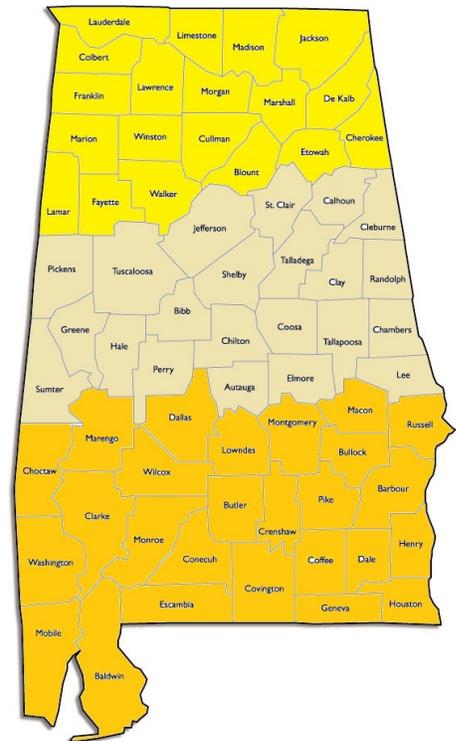
AHIF provides its statewide network of services through the use New Client and Long-Term Client Support Specialists. They live in the communities where the survivors they serve reside, allowing them to have a unique knowledge of the local resources available to survivors and to their families.

AHIF Support Specialists can assist survivors with an array of needs, that include the following:

- Assisting with home modifications or independent living options
- Support applying for and receiving Medicaid/Medicare/Disability benefits, financial management, personal budgeting and long-term legal planning
- Connecting to AHIF Services and other community services such as respite care, counseling, camps, support groups and ongoing therapy

Please visit www.ahif.org or call the AHIF office at (800) 433-8002 to confirm the appropriate AHIF Support Specialist for your location.

AHIF Support Specialist Territories



AHIF has a New Client Support Specialist and a Long-Term Client Support Specialist serving in the North Alabama, Central Alabama and South Alabama regions.

AHIF Caregiver Support Programs



AHIF provides Caregiver Support Groups and Information Sessions through Zoom. For more information, e-mail us at caregiver@ahif.org. AHIF also provides free counseling to caregivers. AHIF also supports caregivers through respite care vouchers, providing a brief break from the 24/7 demands of caring for a loved one with a TBI. If you are interested, please contact your AHIF Support Specialist.



AHIF TBI Camp

AHIF offers recreational camps at beautiful Camp ASCCA on Lake Martin in Jackson's Gap, AL and Camp McDowell in Nauvoo, AL. Each camp is unique, but activities can include zip lines, water slides, archery, and arts and crafts. For more information please call the AHIF office at (800) 433-8002 or e-mail us at info@ahif.org.



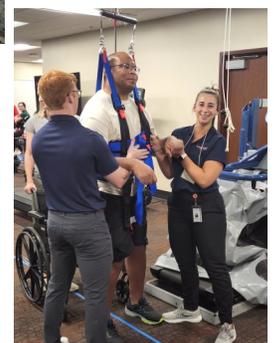
AHIF TBI Camp is made possible through the generous support of Encompass Health.



AHIF Bright Ideas TBI Camp

AHIF has partnered with universities across our state to offer its Bright Ideas TBI Camp program. This multi-day therapy-focused camp targets TBI survivors who are 3+ years removed from their date of injury, and are struggling with the challenges of adjusting to their "new normal" following their injury.

Areas of focus may include physical therapy, occupational therapy, speech therapy, audiology, social work, nutrition, counseling, music therapy, art therapy, and more, depending on the disciplines present at each partnering university. For more information, e-mail us at info@ahif.org.



AHIF Mental Health

AHIF recognizes the emotional toll that TBIs can bring to survivors and to caregivers. AHIF has hired a full-time counselor, in conjunction with student interns and other certified AHIF staff, to provide free mental health counseling following a referral from our staff. Speak to your AHIF Support Specialist for more information.

