

# PROMOTING AN INFORMED PUBLIC

## Living with Traumatic Brain Injury

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This program is sponsored by:



THE HEALTHCARE FOUNDATION OF NEW JERSEY  
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### [What is Traumatic Brain Injury? \(TBI\)](#)

A traumatic brain injury (TBI) is caused by a blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. Not all blows or jolts to the head result in a TBI. The severity of a TBI may range from “mild,” i.e., a brief change in mental status or consciousness to “severe,” i.e., an extended period of unconsciousness or amnesia after the injury.

### [Opportunity Project](#)

Opportunity Project is one of 15 centers in the country which gives guidance to people who have recovered from brain injury, and need support as they reenter the world.

### [JFK Johnson Rehabilitation Institute](#)

### [New Jersey Commission on Brain Injury Research](#)

### [Children’s Specialized Hospital – Brain Injury Program](#)

### [NINDS Traumatic Brain Injury Information Page](#)