

What more can you do?

The HELPS Brain Injury Screening Tool can identify survivors who've experienced, or may be at risk for, TBI.

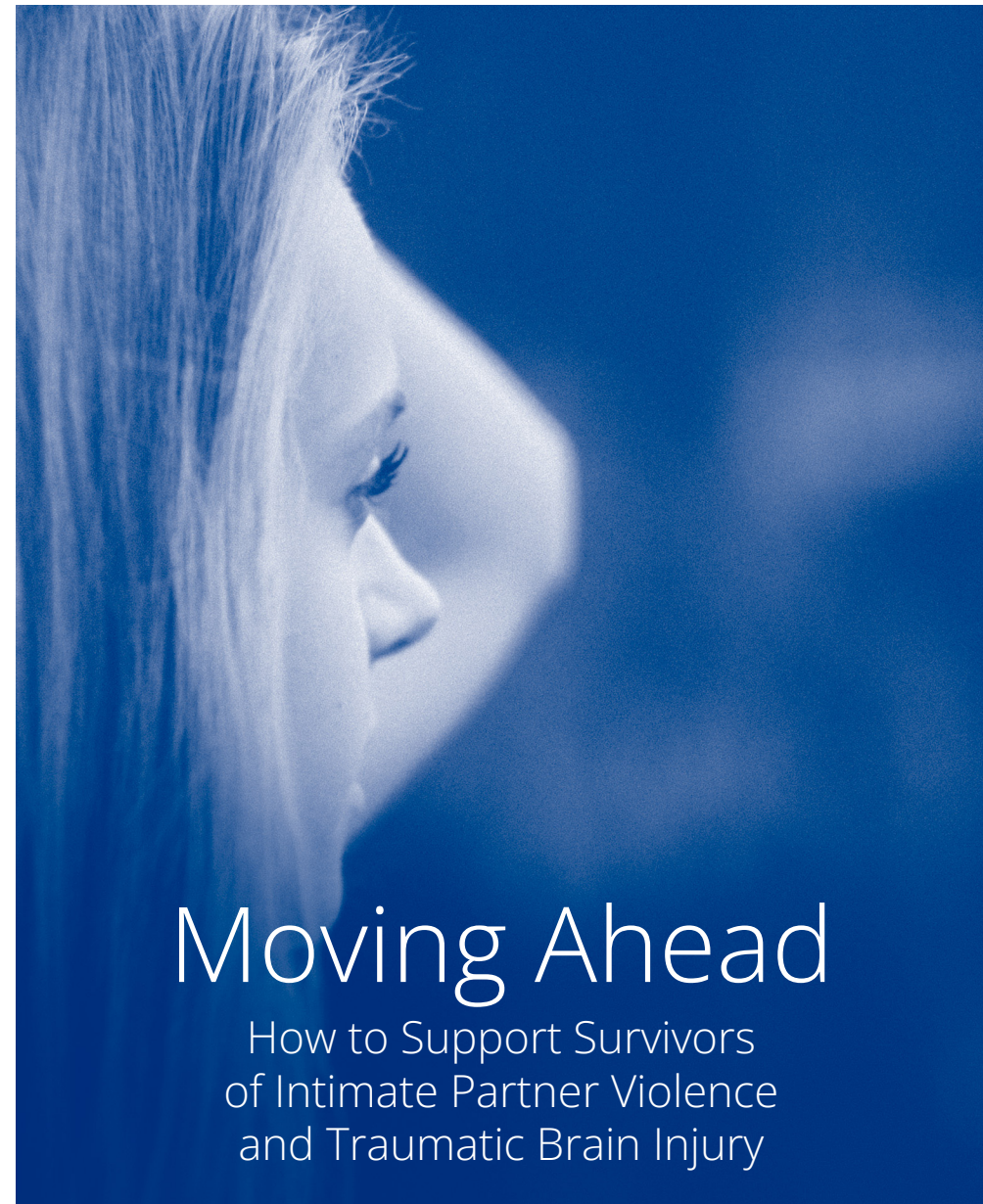
The HELPS Tool does not diagnose concussion. It does provide a way to talk about head injury in the context of IPV, and can help survivors identify the source of some of their challenges.

HELPS

ASK:

1. Have you ever **H**it your head, or been hit on the head or shaken roughly? Did your partner strangle you?
2. Were you ever seen in the **E**mergency room, hospital, or by a doctor because of a brain injury? Have you ever felt you needed medical attention but did not seek it?
3. Did you ever **L**ose consciousness or experience a period of being dazed and confused because of an injury to your head?
4. Do you experience any of these **P**roblems since you hurt your head?
5. Have you experienced any significant **S**icknesses or physical symptoms?

- Headaches
- Dizziness
- Anxiety
- Depression
- Difficulty concentrating
- Difficulty remembering
- Difficulty reading, writing, calculating
- Poor problem solving
- Difficulty performing your job/school work
- Change in relationships with others
- Poor judgement (being fired from job, arrests, fights)



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SUPPORTING SURVIVORS OF ABUSE AND BRAIN INJURY THROUGH RESEARCH

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Did you know?

Up to 92% of women survivors of intimate partner violence (IPV) may also experience traumatic brain injury (TBI).

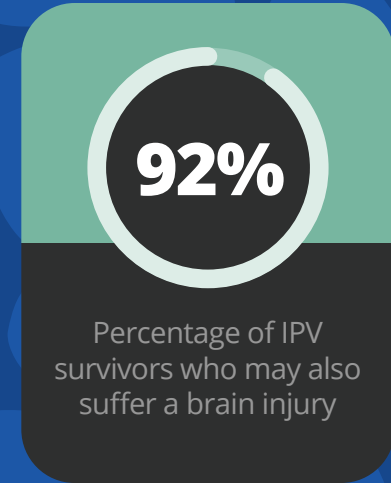
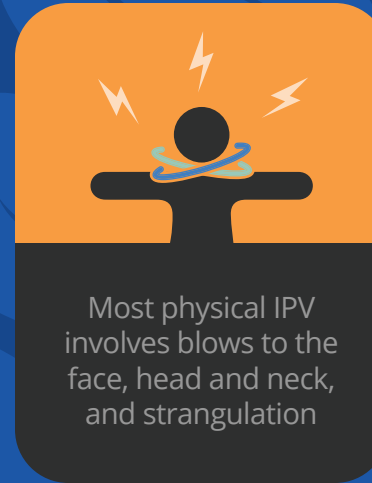
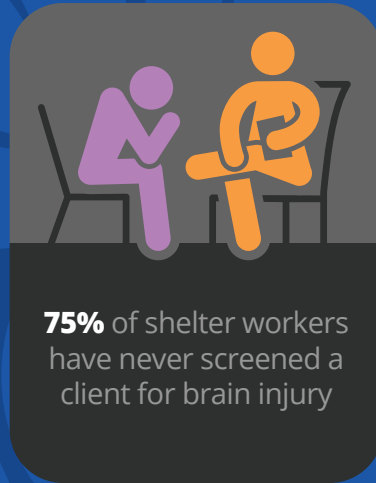
WHAT IS TBI?

TBI is an injury to the brain caused by an external force. A concussion is a form of TBI caused by a hard blow or jolt to the head, neck, or body that causes the head and brain to move rapidly back and forth.

TBI CAN HAPPEN WHEN SOMEONE IS:

- Punched, or hit in the head with an object.
- Violently shaken.
- Pushed down stairs.
- Thrown out of a moving vehicle.
- Strangled – Nearly ½ of survivors have been strangled.

It is one of the most lethal forms of IPV, and the top indicator of future fatality.



How does TBI show up?

TBI among IPV survivors often goes unnoticed, is mislabelled, or misunderstood. Knowing the signs and symptoms can help you better support the women you serve.

TBI CAN CAUSE:

- Headaches
- Fatigue
- Dizziness
- Difficulty sleeping
- Worries and fears
- Depression
- Sadness
- Anger
- Sensitivity to noise and light

SURVIVORS MAY:

- Not listen
- Be easily distracted
- Have difficulty learning things
- Have trouble following instructions, and remembering appointments or chores
- Be tired and irritated easily
- Get angry or rage at their children or others
- Have issues adapting to life in a shelter

How can you help?

If you suspect a survivor may have experienced TBI, refer her to your local brain injury support agency. If the incident was recent, and symptoms are severe, recommend she see a physician.

OTHER WAYS TO HELP INCLUDE:

- Speaking slowly and clearly.
- Taking more breaks.
- Asking her to repeat important information back.
- Dimming the lights.
- Conducting interactions in a quiet location.
- Working with her to fill out forms.
- Minimizing computer use.
- Encouraging rest.
- Helping her prioritize appointments and tasks.
- Providing earplugs to dull noise.
- Offering sunglasses or a hat to help shield light.