

# WHAT TO DO IF YOU CAN'T GET THE SERVICES YOU NEED

## *Contact your local Representative or Senator.*

Write them a letter about your situation, call them, or go in and meet with them in person. It is important that North Carolinians get the services they need and the more people we have telling them about it, the better chance we have at getting those services that are needed.

Join ALSTARS (Alliance of Legislators and Survivors Together Achieving Responsible Services) and become part of the team of legislative advocates raising awareness for brain injury.

As a member of ALSTARS, you will receive:

- Information on your local Representative and Senator with contact information.
- Updates on new legislation that affects brain injury.
- Making the most of Your Legislative Visit – This handout gives you tips on what to do when meeting with your legislator.
- Brief Tips for Advocates Who are Meeting with a Representative

## *Another Reason to contact your legislator:* Brain injury needs more funding!

Nationally, North Carolina ranks among the lowest for funding of services to help people with brain injuries. The State Lead Agency for brain injury services receives only \$1.3 million in recurring funds to meet the needs of more than 180,000 North Carolinians whom the Centers for Disease Control and Prevention estimates have sustained a brain injury. This figure does not include the injured military service members returning from Iraq and Afghanistan whom the Veterans Administration acknowledges will need access to state services.

Brain injury is preventable, it is treatable and the long term cost of care can be greatly reduced with appropriate services. The majority of people who sustain brain injuries are young adults who can recover abilities and go on to lead productive lives. Many states have developed systems of care that allow persons with brain injuries to receive services that help them reach a maximum level of independence reducing their need for assistance. North Carolina needs to provide programs that include neurobehavioral treatment, crisis services, residential options, day programs, vocational/educational supports and specialized training for caregivers and professionals.

## **We need YOU to help educate our legislators that resources are not adequate for NC civilians or veterans.**

BIANC would like to support you in your legislative efforts. If you would like materials or information please call us at 800-377-1464 or email [bianc@bianc.net](mailto:bianc@bianc.net).

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### Join the ALSTARS

I want to join the ALSTARS!

I want to tell my story or help educate legislators to achieve responsible services for all individuals with BI.

Call me \_\_\_\_\_ Email me \_\_\_\_\_ or Mail info. \_\_\_\_\_

Name \_\_\_\_\_ Company \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ I am a (circle one): Survivor Family Member  
Professional Other

**Send to: Brain Injury Association of North Carolina, PO Box 10912, Raleigh, NC 27605**