



Help Seniors Live Better, Longer: Prevent Brain Injury

If you are one of the millions of people in this country who provides care for an older adult — a parent, grandparent, other family member, or a close friend — you should learn about ways to **prevent, recognize, and respond to traumatic brain injury** or TBI. A TBI is caused by a bump or blow to the head that affects how the brain works. Falls are the leading cause of TBI.

To learn the signs and symptoms of TBI, visit
www.cdc.gov/BrainInjuryInSeniors

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

