

# 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, you should know the facts about traumatic brain injury or TBI.*

- ✓ TBI is caused by a bump or blow to the head that affects how the brain works.
- ✓ Older adults have the highest rates of TBI-related hospitalizations and death.
- ✓ Falls are the leading cause of TBI.

For more information and to order materials free-of-charge, visit:

[www.cdc.gov/BrainInjuryInSeniors](http://www.cdc.gov/BrainInjuryInSeniors)

