# Brain Injury

A brain injury (BI) refers to any damage to the brain that occurs after birth and is not related to a congenital or a degenerative disease. It includes Traumatic brain injury (TBI) and Non-traumatic brain injury (nTBI).

40.5 million: Population of Canada

200 thousand: Estimated number of TBIs that occur in Canada each year

1.6 million: The number of estimated Canadians living with BI.

Brain injury can impact every aspect of a person’s life.

What you can see:

* Mobility challenges
* Problems with speech
* Dizziness
* Loss of balance
* Seizures
* Social inappropriateness

What you may not see:

* More time needed to process information
* Difficulty with memory, concentration and reasoning
* Headaches
* Sensitivity to light/sound
* Sadness, anger, depression and anxiety
* Loss of self
* Denial and grief
* Social isolation

and much more...

The impact of BI on someone can vary greatly depending on several factors (such as the location and severity of the injury), making each person's experience unique. These changes can affect not only the individual with the injury but also their relationships with family, friends, and caregivers, often requiring support from the wider community. While some effects may improve over time with rehabilitation and support, others may be long-term challenges.

For more info, visit braininjurycanada.ca