

Frequently Asked Questions

Who is eligible to attend?

KBIC provides services to adults (over 18) living with acquired brain injury (traumatic brain injury, stroke, anoxia, hypoxia, brain tumor, infections of the brain, post-concussion syndrome, etc.) who can benefit from our programming and acclimate to our program model. Please contact our Program Director, Jay Lancaster at (603) 570-2026 ext. 220 or jay@KBICenter.org to determine eligibility.

Do I need a referral?

No, a referral is not required to attend KBIC.

Do I need to be from Portsmouth or New Hampshire to attend?

No, our members come from all over New Hampshire, Massachusetts, and Maine.

What is my first step?

If you are interested in learning more about our program please check out our website (www.KBICenter.org). Please contact our Program Director, Jay Lancaster at (603) 570-2026 ext. 220 or jay@KBICenter.org. Jay will answer any questions you have about the program and walk you through the process to help you decide if you want to become a member.

When is KBIC open?

Monday, Wednesday, Friday 10:00am-2:00pm. We offer online programming every Thursday 10:00am – 2:00pm.

Is there an attendance requirement? How often do people come?

No, members can come as often as they would like. Some members come all 3 days a week while others come less frequently (once a week, every other week, etc.). Most members come for the full day, while others come for just one group. The program model is designed to fit your schedule.

How much does KBIC cost?

We have a daily fee of \$100/day. We understand the financial impact brain injury can have on the individual and their family, therefore, we offer a scholarship to eligible members. More than 80% of our members receive a scholarship to attend.

Do I need to be on Medicaid or a NH State Medicaid Waiver to attend KBIC?

You do not need to be on Medicaid to attend KBIC. If you are on a NH State Medicaid Waiver (ABD or DD) KBIC can work with your case manager/service provider to request funding through your waiver.

Is transportation provided?

No, unfortunately we do not have our own transportation. We will work with you to explore transportation resources in your geographic area, if needed.

Do I need to come with a caregiver or family member?

Due to our small program staff, we are unable to provide one-on-one assistance to our members with activities of daily living. Members need to be independent or receive assistance from a professional or family caregiver to navigate the building, follow the program schedule, eat lunch, use the bathroom facilities, manage medications, and maintain appropriate behavior. About 1/3 of our members come with a professional or family caregiver.

Membership Criteria

KBIC provides services to adults (over 18) living with acquired brain injury who can benefit from our programming and acclimate to our program model.

An acquired brain injury is an injury to the brain, which is not hereditary, congenital, degenerative, or induced by birth trauma.

Some of the more common causes of acquired brain injury include:

- Traumatic brain injury
- Stroke (e.g. CVA, AVM, aneurism)
- Anoxia and hypoxia (loss of oxygen)
- Brain tumor
- Infections of the brain (e.g. meningitis, encephalitis)
- Post-concussion syndrome (PCD, PPCS)

The following diagnoses do NOT qualify as acquired brain injuries:

- Diseases or conditions that are caused by the birth process and/or are present at birth e.g. congenital anomaly, cerebral palsy
- Diseases that are progressive in nature e.g. Alzheimer's disease, Parkinson's disease, multiple sclerosis
- Concussions*

*Due to its temporary nature, sustaining a concussion is not a qualifying diagnosis for KBIC membership, though patients with long term concussion symptoms and diagnoses of PCD and PPCS are appropriate.

To be eligible for membership, you must:

- Have an acquired brain injury (as defined by KBIC above).
- Provide up-to-date medical documentation about your brain injury.
- Be capable of meeting personal needs, including taking medication, or have a personal caregiver or family member to assist.
- Refrain from behaviors that pose a threat to self or others.

Also, as applicable:

- Individuals diagnosed with post-concussion syndrome must be one-year out from initial diagnosis, and have documentation which verifies the ongoing nature of your injury.
- Individuals in recovery from opioid misuse must provide at least one year of documented sobriety from opioids.
- Individuals currently experiencing, or have a history of, symptoms of psychosis or other serious mental health concerns, must provide permission to speak to your mental health provider.

Our Model

The KBIC model is uniquely designed for the long term, post injury needs of brain injury survivors. We provide ongoing therapeutic programming, designed by clinically licensed staff who understand the unique needs of acquired brain injury survivors.

KBIC is more than a day program. Our classes and groups are offered within a vibrant community setting, available both in-person and online, with ample opportunity for peer support and building social connections. Members dictate the frequency and pace of their participation, and have the ability to choose groups based on their own goals.

To offer the best education opportunities, and personal development outcomes for brain injury survivors, all of our groups are evidence based and developed around the following domains.

- Functional and cognitive skill building
- Social and communication skills
- Mental health
- Physical wellness
- Community connections
- Creative expression and recreation

KBIC members have the opportunity to provide on-going input into program and group development. Additionally, KBIC staff can work one on one with members on specific needs such as:

- Support with personal goal attainment
- Assistance connecting with community resources
- Resources and support for family members

Our Outcomes

Our model delivers proven outcomes. KBIC staff and members have partnered with researchers over the years on multiple projects designed to evaluate the effectiveness of our program and model as well as examine various aspects of living with brain injury.

Our largest efforts to date include a longitudinal outcomes study evaluating the impact of KBIC's programming on members' perceptions of social connectedness, stress, and quality of life. Our members' participation in research is completely voluntary and all externally driven research involving KBIC members is evaluated by an institutional review board.



K.B.I.C.

David Krempels
Brain Injury Center

Program Schedule and Sample Groups

Time	Friday
9:30-10:10am <i>Early Bird Groups</i>	Coffee & Crosswords (social and communication skills)
10:15-10:50am	Community Meeting (community connections)
11:00-11:50am <i>Morning Groups</i>	All Together Support Group (mental health, social, and communication skills) Brain Injury Strategies (Functional and cognitive skills building, community connections, health & wellness) Music & the Brain (Cognitive group using music as modality) Just Move It! (physical wellness)
12:00-12:50pm	All Together Lunch (social and communication skills)
1:00-1:50pm <i>Afternoon Groups</i>	Let's Make a Scene (cognitive skill building and social & communication skills) Brain Games (functional and cognitive skill building and strategies) Creative Expressions (mental health and fine motor skills) Aphasia/Communication Support (social and communication skills)