



HOBBLEJOG FOUNDATION
— Helping TBI Survivors Thrive —

Post-acute Resources and Ways to Give Back

A roundtable discussion with Susan Hahn, Carrie Rickert, and Grace Elsner

About HobbleJog

- The HobbleJog Foundation helps to improve the quality of life for individuals with traumatic brain injury (TBI). Our primary focus is to support proven and innovative post-acute services that strengthen the independence, productivity, and well-being of TBI survivors.
- We provide grants on a national scale to qualified organizations that provide post-acute resources. Our grants are funded by donations derived from our fundraising efforts.
- We help TBI survivors thrive.
- www.hobblejog.org



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TRAUMA TO TRIUMPH

Stories of TBI Survivors
and the Vital Role of Post-Acute Care



Trauma to Triumph

In this book, we explore the vital role of post-acute care in TBI, and the real stories of patients who have benefitted from it in a variety of forms.

While external injuries may heal, the TBI patient is often left with internal scars that still need a great deal of gentle care and attention. Thus, our model insists that post-acute care should cover three areas: the physical, the emotional, and the spiritual.

The events leading to a TBI are tragic, but the healing and growth that is possible after can truly lead to triumph.

Limited copies of *Trauma to Triumph* available for purchase today!

Also available at www.amazon.com

About Our Speakers

Susan Hahn, Founder & Author

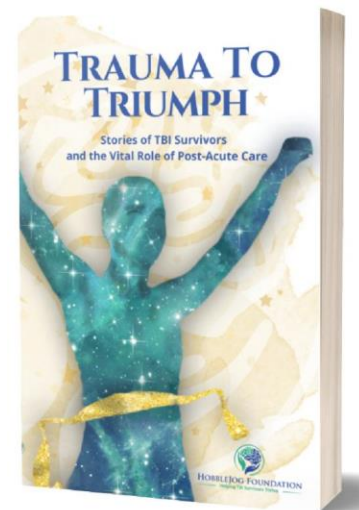
In 2001, Susan founded and became CEO of Swan Consulting Group, providing executive and physician leadership coaching, workplace mediation, and training. Susan is also a TBI survivor who in 2016 founded HobbleJog Foundation in response to a lack of resources for her own post-acute recovery. Susan's TBI and subsequent recovery led to the publication of the book *Trauma to Triumph: Stories of TBI Survivors and the Vital Role of Post-Acute Care*. The book includes 96 post-acute resources listed by 17 authors, of whom Susan is one.

Carrie Rickert, Secretary & Author

Carrie Rickert is a TBI survivor, Secretary of the Board for HobbleJog Foundation, and contributing author of *Trauma to Triumph: Stories of TBI Survivors and the Vital Role of Post-Acute Care*. In addition to her role with HobbleJog, Carrie is a podcast host for *Transformational Trauma and Healing*, owns and operates Nomis Advisors, a management consulting firm, and is a coach helping post-acute trauma survivors develop a roadmap to the post-trauma version of themselves. Her new book, *Trauma is a Catalyst*, is coming soon..

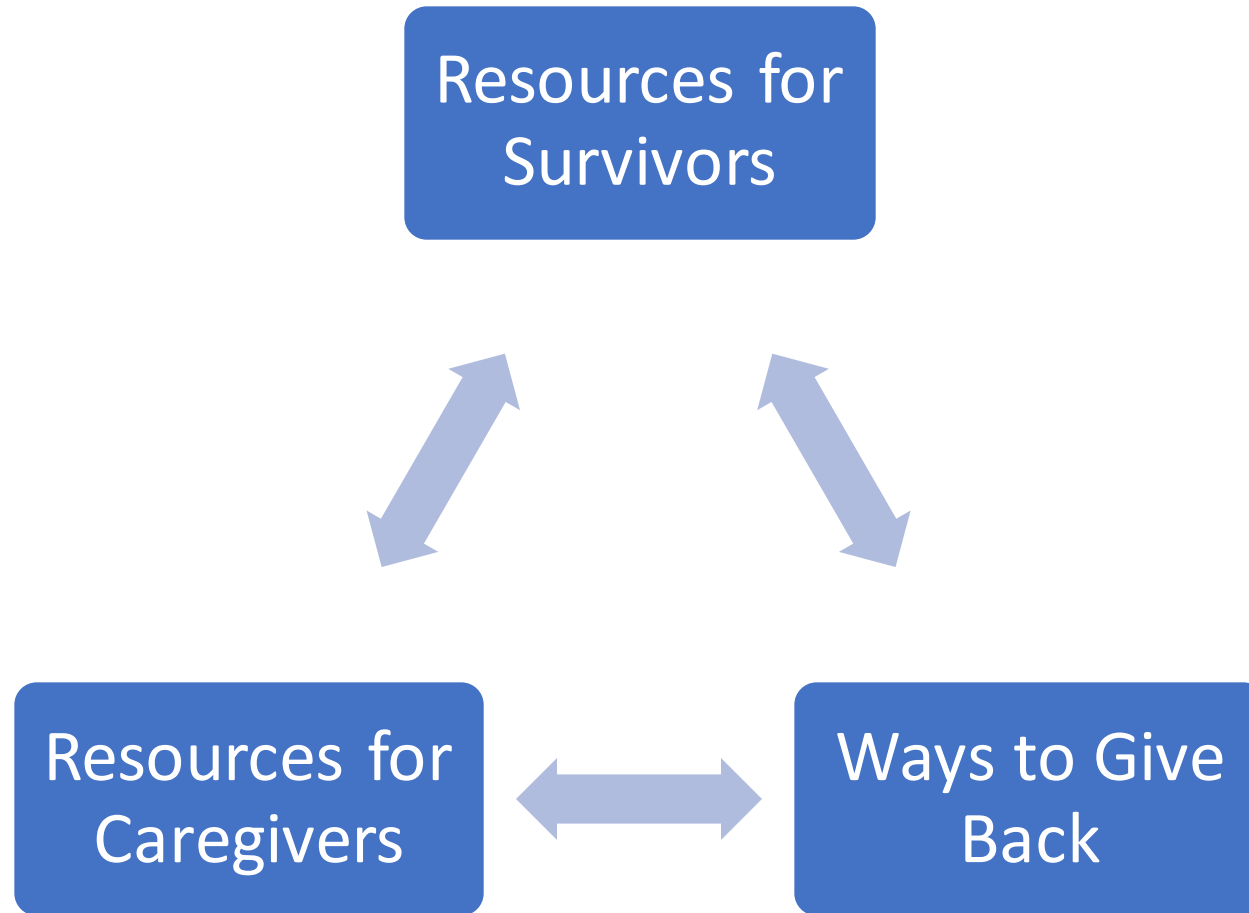
Grace Elsner, Advisory Board & Author

Grace W. B. Elsner is a TBI survivor from southcentral PA, a member of the HobbleJog Advisory Board, and contributing author of *Trauma to Triumph: Stories of TBI Survivors and the Vital Role of Post-Acute Care*. Grace is also the owner and principal consultant of Organization Development and Training, a strategic consulting, coaching, and change leadership firm.



Available today and at www.amazon.com

Roundtable Logistics



Pick a table. After 10 minutes with one speaker, the speakers will switch tables. You will participate in a small group discussion with each speaker without leaving your table. Any time that remains will be for Q&A.

Resources for Survivors: A Sampling

- Physical, occupational and speech therapies
- Vision therapy
- Vestibular therapy
- Fascial counterstrain
- Neuropsychiatrist and Neuropsychologist well-versed in TBI and its impacts
- Cranial sacral
- Reiki
- Self-care:
 - Nutrition for brain health
 - Exercise
 - Meditation, mindfulness
 - Yoga
- Online resources:
 - Brain injury associations & organizations
 - Podcasts
 - Brain-strengthening exercises, games, memory aids, goal reminders



Resources for Survivors: A Sampling of Online Resources, Books (continued)

- Lumosity exercises and education: www.lumosity.com
- <https://play.nintendo.com/activities/memory-match/pikmin-3-deluxe-memory-match-game>
- Acquired Brain Injury Program: <https://www.coastline.edu/academics/specialty-offerings/acquired-brain-injury.php>
- Cognitive Retraining Courses, Webinars, and Workshops: www.bestconnections.org
- Cranial sacral: www.milneinstitute.com & www.upledger.com
- Fascial counterstrain: www.counterstrain.com
- www.StopSoldierSuicide.org
- www.GetHeadstrong.org
- The Kennedy Krieger Institute in Baltimore, Maryland: <https://www.kennedykrieger.org/>
- Stroke Forward Organization: www.Strokeforward.com



Resources for Caregivers: A Sampling

- Brain Injury of America (BIA chapters)
- Therapy and Support Groups for Caregivers
- Patient Advocates
 - Hospital
 - Insurance
 - Legal
- Podcasts about trauma
- *Trauma to Triumph, Stories of TBI Survivors and the Vital Role of Post-Acute Care*



Ways Survivors Give Back

- Share their Story
- Volunteer
- Fundraise
- Champion for Change
 - Policies
 - Public Perception
- Mentor Others
- Start Something with a Mission to Educate
- Write (book chapters, articles, books, letters)
 - *Trauma to Triumph, Stories of TBI Survivors and the Vital Role of Post-Acute Care*
- *Show Up and Stand Tall*
- Donate





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Upcoming Events

- *Trauma to Triumph* book sales. See speakers to purchase a copy. Also available at www.amazon.com
- April 25th at 5 PM ET: Virtual Fundraising Event: Speaker, grant award, and more. See speakers for details.
- Sign up today for our newsletter and additional resources.