



## Traumatic Brain Injury Resource Bundle for Alaska Natives

# Picurlagluni Patrem Akngirtellra Taangamek-llu Atulleq

**Picurlaggarluni patrem akngirtellra (TBI)** amlleret yuut taangiqeryukaranglartut. **Mer'allrem aarnarivkalara akngirtenqigtellerkait.**

## Taangam Atullrin Aarnarqutai TBI-alegnun

TBI-alegnun, taangam arcariyugngaa qissarcugngallerkaq, arcarinarcelluku qailqercukaralleq, ikgeliluku-llu puqigtacia yuum.



Cakviuquvet taangam atullranek, umyuaqeki qayagauryugngallren **National Drug and Alcohol Treatment Hotline-aq wani 800.662.4357.**

## Mer'ayaqunak TBI-arrarluten

- Taangam **cukaiqaniryugngaa wall' arulaircelluku mamllerkaa** TBI-amek.
- Mer'anritlerkam ikayulara pateq mamyugngarivkarluku. Cali **ikgeliyugngaa aarnarqucia TBI-anqigtellerkam qistellerkam-llu.**
- Yuut assiriinalartut yuuciit TBI-arrarluteng. Mer'anritlerkam **utumariyugngaa assiringnaqsaraq.**

## Taangayuirutengnaqsaraq

- **Yuarluten yugnek cingumastekavnek** taangayuirutengnaqlerpeni.
- **Egmirutekiurluten** aperturluki-llu qaillun tekitellerkarpeneq egmirutekarpenu.
- Nallunairluki yuut, agviit, cat, wall' umyuam ayuquciin meryungarcetallri. **Yuarluten qaillun auluklerkaanek.**
- **Elpenek nunulirluten** maligtaqullerpenek pillerkiuravnek qaqicillerpenek-llu egmirutekavnek.
- **Allamek pillerkiurangqerrluten** ciuqlia piurtenrilkan.

Kina amllermek mer'aqan taangamek unuaquaqaan, **temiin piitescigatellra murilkumaarkaugaa yuungcaristem waten, assirngcarviim cayaraitun aarnarqutet arenqiallugutai pitekluki.**

**Kangingutet:** Tarenralget nallunairutet taimaut waken Alcohol Use After Traumatic Brain Injury napartellruluk Charles H. Bombardier, PhD cali John D. Corrigan, PhD, calillgutekluki Model Systems Knowledge Translation Center-aq (<https://msktc.org/>).

**Nalqigun:** Matum nallunairutem cimingnaqenritaa yuungcaristet alerquatait. Qalarutniaran yuungcaristen naullutevnek wall' assiringnaqlerpet tungiun. Tarenralget nallunairutet imait pillirruut kaigatkun akiikun National Institute on Disability-mek, Independent Living-aamek, Rehabilitation Research-aamek-llu (NIDILRR kaigatem akim nampaara 90DPKT0008). NIDILRR Center-aaruq iluani Administration for Community Living-aam (ACL), Department of Health and Human Services-aam (HHS). Tarenralgem nallunairutem imain pillerkiuraqenritai NIDILRR-aam, ACL-aam, wall' HHS-aam, umyuarturyaqunak cingumayukluki Anguyagatenun.

**Copyright** © 2023 American Institutes for Research. Tarenraliyugngaut aruqluki-llu apqaarluki pilistai. Apterrararkaugut unakvailgemtegi akiliryaraa pitekluku mat'um.

