



Traumatic Brain Injury Resource Bundle for **Alaska Natives**

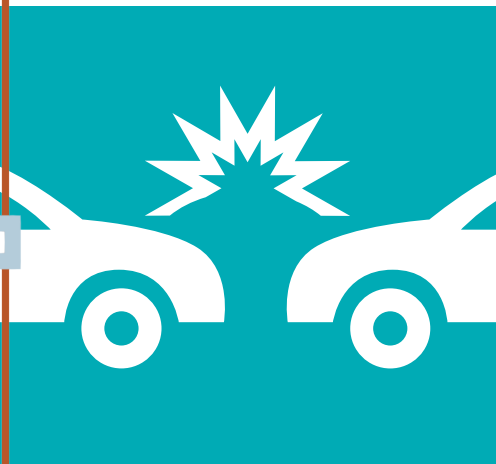
Picurlaggarcilluku Ilqum Aqngirutain Taringumallri

Caugat picurlaggarcilluku ilqum aqngirutai?

Picurlagluni ilquq aqngirtetuq (TBI) ilquq cam aqngirtaaku nall'arlluku nasquq.



TBI-arcitetui **akalriatgun picurlagaqata, igtaqata, cali calluagaqaata.**



Cungcaryaraqina

Igtellrukuvet,
picurlallrukuvet akalriakun,
wall'uqa allatgun
TBI-arcitnargelrianun,
cungcaristen ullakiu
egmian!



TBI-am Arcarinaryarain Cuqyutai

Cakneq
Aqngircimaluni

Cillangumavkenani
24-at cass'at cipluki

Aqngircimaluni

Cillangumavkenani
**30-neng cetyagarneng
yaavet 24-at cass'at tekilluki**

Carrarmeng
Aqngircimaluni

Akanivkenani
cillangumanritellra
(ikgenruluni 30-ni cetyagarni)
wall'uqa cillangqerrluni

Assirillerkaq Agtuumallraa-Ilu

Ilait TBI-aggun carrarmeng aqngircimalrit assirituut qayutuni cass'ani, ernerni, wall'uqa iraluni. 6-ani iraluni aqngirtarracilluku wall'uqa cakneq aqngirtarracilluku TBI-aggun, cuuget assiriyuumaut cukameng. Tawaam aqngirtaarluteng ayuquciit cayuumallrit-Ilu cimiryuumauq. Makut ilakluki:



Temem arenqiallugutai

- Ayaluqercugluni
- Unairutengluni
- Mernuqercukaareluni
- Qavarcigataqluni



Umyugam arenqiallugutai

- Murilkesciiganani, cumikesciganani, umyugaqesciganaki-Ilu nutarat nallunritarkat
- Uunguciirteqeryukaareluni
- Cukaunani qanellra wall'uqa umyugarteqellra



Umyugam wall'uqa ayuqucim arenqiallugutai

- Eqnayukaryukaareluni qailluqercukaareluni-Ilu
- Cayuumitaqluni
- Cegg'anqeggini
- Allat cacetuqutekaqluki

Cuuget elicuumaut qaillun auluksuumallritneng temem, umyugam, ayuqucim-Ilu arenqiallugutait TBI-aggun aqngirtellrit. Assiringcaryaraq, utumaringnaqsaraq, allat-Ilu ikayutnguyuumaut.

Kangingutet: Tarenralget nallunairutet taimaut waken Understanding TBI napartellruluk Thomas Novack, PhD cali Tamara Bushnik, PhD, calilgutekluki Model Systems Knowledge Translation Center-aq (<https://msktc.org>).

Nalqigun: Matum nallunairutem cimingnaqenritaa cungcaristet alerquatait. Qan'askiu cungcaristen naullutevngeng wall'uqa assiringnaqlerpet tunjiinun. Tarenralget nallunairutet imait pilillruut kaigatkun akiikun National Institute on Disability-meng, Independent Living-aameng, Rehabilitation Research-aameng-Ilu (NIDILRR kaigatem akim naaqutii 90DPKT0008). NIDILRR Center-aruuq iluani Administration for Community Living-am (ACL), Department of Health and Human Services-am (HHS). Tarenralgem nallunairutem imain pillerkiuraqenritai NIDILRR-am, ACL-am, wall'uqa HHS-am, umyugarturyaqunang cingumayukluki Kamam'anun.

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