



Traumatic Brain Injury Resource Bundle for Alaska Natives

Aliayugpagyaraq Picurlaggarcilluku Ilqum Aqngirutain (TBI)



Cauga
aliayugpagyaraq?

Aliayugpagyaraq calricarami arenqiallugutnguuq
cuuget aliayugcitaqluki, neryuniurutairutevkarluki,
wall'uqa alianiurcilluki ak'arpagnun.

Qaillun amllertalriit aliayugpatuat TBI-arrarluteng?

Avgit cuuget TBI-arrarluteng aliayugpatuat
al'rrakum iluani.

Malruqliit pingayun naayarpigarluku TBI-alget
aliayugpagciqut 7-at al'rrakut iluatni.

Cam aliayugpagcitetuaki TBI-arrarcilluki?

Ilqum iluani TBI-am cimircitellri.
TBI-am ilqurpet iluani wiitalriit
elpeksuutet cimiryuumai.

Elpeksuutet cillangutai TBI-amun.
Cuuget caknyuumaut
ikayuanarqelriarurtaqan cuuciit.

Agtuumanrilnguut TBI-amun.
Nakmiin ilait ayuqucillrit ilaksuumait
wall'uqa allat TBI-arpailgan
wiitallret.

Cuuyaravni TBI-am cimircitellri.
Caliscigatellren wall'uqa allaneng
casciigaliltan makugnaqsuumaut
wall'uqa narrlugnaqluteng.

**Qaillun assiringcaryuumaalla aliyugpagyaraq
TBI-arrarluni**



Ikayungcarluten egmian calricaarmi calisteggun. Assingcarrsuutet ilangqertut:



**Aliyugpanrirsuutet
cungcautet**



**Umyugaliurtet
qanaalluki**



**Cungcautet ilakluki
umyugaliurtet
qanacyaraat**

**Qaillun ivallerkaq
ikayurkameng**

Nallunaircicuumaaten

**Umyugaliurtet
calricaaritneng
calitulit.**

**Ullagyuumaan
ikayungcarvikiuku
Umyugaliurta
psychiatrist-aq
(sai•kai•a•trist),
umyugaliurta
psychologist-aq,
Cuuciitneng
elluagista social
worker-aq, wall'uqa
kalikartalek
umyugaliurta.**

**Cungcaristet
eliciariyuumalriit-llu
inriurtet ikayuritulit
aliayugpalrianeng.**

**IMak'ut ilakluki
physiatrist-at
(assingcartet
cungcartait), neurologist-
at, primary care-ami
cungcaristet cali
elicaumalriit nurse-at
cungcariyuumalriit.
Ayagniryuomaluki
cungcallerkan.**

**TBI-alrianun
ikayuritulit.**

**Mak'ut ikayuritulit
nallunairiyarait cali
cingumayarait assirtut
TBI-allernun.**

**Umyugartullren kayungekan tuqunameng wall'uqa elpeneng pitaqsugluten umyugarteqkuvet,
ikayungcaqina egmian. Qayagaurniaraten nunavni calitulit pinarqelrianeng wall'uqa 911-aq.
Cali qayagaryuumaan National Crisis Hotline-aq, ikingqatuq 24-ani cass'ani erneq tamalkuan,
988-ami. Agyuumaaten-llu emergency room-amun.**

Kangigutet: Tarenralget nallunairutet taimaut waken Depression after Traumatic Brain Injury factsheet napartellruluk Jesse Fann, MD, MPH, cali Tessa Hart, PhD, calillgutekluki Model Systems Knowledge Translation Center-aq (<https://msktc.org/>).

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