



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

Angniiterpagyaraq Picurlaggarcelluku Patrem Akngirutain (TBI)



Qaillun amllertalriit angniiterpalartat TBI-arraarluteng?

Avgit yuut TBI-arraarluteng angniiterpalartut allrakum iluani.

Malruqliit pingayun naayarpiarluku TBI-alget angniiterpagciqut 7-aat allrakut iluatni.

Cam angniiterpagcetlartaki TBI-arraarcelluki?

Patrem iluani TBI-aam cimircetellri.
TBI-aam paterpet iluani uitalriit elpeksuutet cimiryugngai.

Elpeksuutet ellangutai TBI-amun.
Yuut caknayugngaut ikayuanarqellriarurtaqan yuuciit.

Agtuumanrilnguut TBI-aamun.
Nakmiin ilait ayuqucillrit ilaksugngai wall' allat TBI-arpailgan uitalret.

Yuuyaravni TBI-aam cimircetellri.
Caliscigatellren wall' allanek cascigalilten makugnaqsugngaut wall' narrlugaqluteng.

Qaillun assiringcaryugngallra angniiterpagyaraq TBI-arraarluni



Ikeyungcarluten egmian calricaarmi calistemek. Assiringcarrsuutet ilangqertut:



**Angniiterpanrirsuutet
iinrut**



**Umyualiurtet
qalarulluki**



**Iinrut ilakluki
umyualiurtet
qalaruciyaarat**

**Qaillun yuallerkaq
ikayurkamek**

Nallunaircecugngaaten

**Umyualiurtet
calricaaritnek
calistait.**

**Ullagyugnga
ikayungcarvikiuku
Umyualiurta
psychiatrist-aq
(sai•kai•a•trist),
umyualiurta
psychologist-aq,
Yuuciitnek
elluagista social
worker-aq, wall'
kalikartalek
umyualiurta.**

**Yuungcaristet
elitnaurumalriit-llu
iinriurtet ikayuritulit
angniiterpalrianek.**

**Mak'ut ilakluki physiatrist-
at (assiringcartet
yungcartait), neurologist-
at (Patrem yungcartait),
primary care-ami
yungcaristet cali
elicaumalriit nurse-at
yungcariyuumalriit.
Ayagniryugngaluki
yungcallerkan.**

**TBI-alrianun
ikayuritulit.**

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

Yuunriryugluten wall' elpenek pitaqsugluten umyuarateqkuvet, ikayungcaqina egmian. Qayagaurniaraten nunavni calitulit pinarqellrianek wall' 911-aq. Cali qayagauryugnga National Crisis Hotline-aq, ikingqalartuq 24-aani sass'ani unuaquaqaq, 988-aami. Agyugngauten-llu emergency room-amun.

Kangingutet: 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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