

# Meet MSKTC Ambassador Laura Lauretta



## Overview

Growing up, Laura had 13 mild concussions. In 2011, she was in a car crash, which caused a traumatic brain injury (TBI). After the crash, Laura started to get terrible headaches. But she did not let this stop her from living a fulfilling life or sharing her experiences to help others. Laura works for the Brain Injury Alliance of Colorado. She co-teaches a class on self-advocacy and independent living. She also runs her own blog, which is now an LLC. In her blog, she shares her experiences with TBI and concussion. She also shares resources that have helped her on her journey.

*The MSKTC resources are phenomenal.  
My favorite ones are the factsheets.  
I go to those quite often. They are on a  
variety of TBI rehabilitation topics  
and are easy to use.*

## Fun Facts About Laura

Because of learning disabilities earlier in her life, Laura had low reading skills before her TBI. But she beat the odds and learned to read well after her car crash. Reading is now her favorite pastime.

## Why does Laura want to be an MSKTC ambassador?

Laura feels like she has learned so much from her experience. She wants to do all she can to share what she has learned with the TBI community. She is grateful for MSKTC's free, research-based resources. She has not found another organization with the same variety of high-quality resources about TBI. Laura wants to share these resources with her networks so that others can benefit from them like she has.

## What has Laura done as an ambassador?

Laura has shared MSKTC's resources with a lot of folks to educate them about TBI. This includes congressional staff. She has ideas for ways to add MSKTC's resources to her class on self-advocacy and independent living. She plans to create a reference list on her blog with MSKTC's helpful resources on TBI. Laura also plans to share MSKTC's resources with Brain Busters. This is a virtual TBI support group she started. The group meets to do brain-stimulating activities. She plans to print out MSKTC's resources and add them to the Little Free Library in front of her house.

