



Traumatic Brain Injury Resource Bundle for Alaska Natives

Picurlagluni Ilqum Aqngirtellra Taangameng-Ilu Atulleq

Picurlaggarluteng ilqumegteggun aqngirtellret (TBI) amllerquneng cuuget tangiqeqeryukaarangtuut. **Mer'allrem aarnarivkatua aqngirtenqigtellerkait.**

Taangam Atullrin Aarnarqutai TBI-alegnun

TBI-alegnun, taangam arcariyuumaa qiss'arcuumallerkaq, arcariinarcilluku qailluqercukarallerkaq, ikgeliluku-llu puqigtacia cuum.



Cakviuquvet taangam aturpallallerkaaneng, umyugaqekiu tuqluryuumallren **National Drug and Alcohol Treatment Hotline-aq wani 800.662.4357.**

Mer'ayaqunang TBI-arraarluten

- Taangam **cukaiqaniryuumaa wall'uqa arulaircilluku mamillerkaq** TBI-ameng.
- Mer'anritlerkam ikayutua ilquq mamyuumarivkarluku. Cali **ikgeliyuumaa aarnarqucia TBI-anqigtellerkam qiss'artellerkam-llu.**
- Cuuget cuuciit amllerquneng assirinatut TBI-arrarluteng. Mer'anritlerkam **utumariyuumaa assiringnaqsaraq.**

Taangayuirutengnaqsaraq

- **Ivarluten cugneng cingumastekavneng** taangayuirutengnaqlerpeni.
- **Egmirutekiurluten** aperturluki-llu qaillun tekicuumallerpeneng egmirutekiuraten.
- Nallunairluki cuuget, agviit, cat, wall'uqa umyugam ayuqucin meryungarcitetullri. **Ivarluten qaillun auluklerkaineng.**
- **Elpeneng nunulirluten** maligtaqullerpeneng pillerkiuravneng qaqicillerpeneng-llu egmirutekiuravneng.
- **Allameng pillerkiurangqerrluten** civuqlia piurtenrilkan.

Kina amllermeng mer'aqan taangameng errneq tamalkuan, **temiin piitescigatellra murilkumaarkaugaa cungcaristem waten**, assirngcarviim cayarai aturluki 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 cungcaristet alerquatait. Qanatniaran cungcaristen naullutevneng wall'uqa assiringnaqlerpet tungiinun. Tarenralget nallunairutet imait piillruut kaigatkun akikun National Institute on Disability-meng, Independent Living-aameng, Rehabilitation Research-aameng-llu (NIDILRR kaigatem akim naaqutii 90DPKT0008). NIDILRR Center-auguq 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 Kamamanun.

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