

# FAST FACTS



## about concussion

### What is a concussion?

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

### Is a concussion serious?

Medical providers may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, the effects of a concussion can be serious.

### What are some signs and symptoms of a concussion?

- Inability to recall events prior to or after a hit or fall
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems, dizziness, or blurry vision
- Problems with light or noise
- Sluggish, hazy, foggy, or groggy feeling
- Confusion or problems with concentration or memory
- Changes in mood, behavior, or personality
- Loss of consciousness

### Where can I go for services for my child’s concussion?

Children’s Rehabilitation Service (CRS), a division of the Alabama Department of Rehabilitation Services, is a statewide network of health care professionals providing services to Alabama children birth to 21 with special health care needs, including those with a concussion diagnosis.

Once enrolled in the program, a CRS care coordinator who is specially trained in concussions is assigned.

### What services do CRS TBI care coordinators provide for a concussion?

- helping families establish appropriate educational goals and access school services, including special education, Section 504, and/or State of Alabama Independent Living (SAIL) Services
- providing assistance with locating and accessing community resources to help with transportation, psychological services, and other family needs
- helping children and youth with concussions transition from hospitals to home, school, and community
- providing education and assistance to the family and school regarding the impact of a concussion

**For more information about the CRS TBI Program  
and concussion services in your area,  
call 1-800-846-3697 or visit [www.rehab.alabama.gov/crs](http://www.rehab.alabama.gov/crs)**



Children’s Rehabilitation Service is a division of the Alabama Department of Rehabilitation Services.  
*In the provision of services and in employment practices, the Alabama Department of Rehabilitation Services does not discriminate on the basis of race, sex, creed, national origin, religion, age or disability. This material is available in alternate format upon request.* 10/18

