

KINS Community Report – 11/13/2015 (to air 11/15/2015)

This is Lorna McLeod from Making Headway Center for Brain Injury Recovery with your KINS Community Comment.

Humboldt County has one of the highest national rates per capita in injuries and death from auto accidents. A high percentage of these accidents are alcohol or drug related. The person injured is not always the intoxicated driver. Too often, it's an innocent bystander.

And in a community where biking to work and school is held in high esteem, accidents between autos and bicycles result in a significant number of injuries, as well.

In addition, winter is a season when people are more at risk of falls. This can be from slipping on wet or icy pavement, falling from a ladder while installing or removing Holiday decorations, or any of a number of other hazards.

Any of these accidents can result in traumatic brain injuries.

Making Headway Center for Brain Injury Recovery is a non-profit agency dedicated to prevention of brain injury and to supporting clients to gain the skills to participate fully in their community.

This holiday season we at Making Headway Center encourage you to be smart!

- Only climb on ladders or step stools that are solidly positioned.
- Don't overreach when hanging that star on the tree top or lights on your eaves.
- Be aware of pedestrians, bicycles and other drivers, especially in the long dark nights of these shortest days of the year.
- And designate a sober driver if you plan to drink or are on medication or drugs.

We prefer to *prevent* brain injury, however, for those who have brain injuries we can help them to live more independently through a community-based life skills **Day Program, Pre-vocational Services, and Client Support Groups and Services**, including referral to other local service agencies.

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