



About BIA-MA

The Brain Injury Association of Massachusetts is a private, nonprofit organization that serves individuals with brain injury and their families and offers award-winning prevention programs to individuals of all ages. BIA-MA collaborates with the Massachusetts Rehabilitation Commission, the Department of Public Health, the Veterans Administration, and other groups to prevent brain injuries and serve survivors. The Association is affiliated with the Brain Injury Association of America.

To learn more about BIA-MA programs or for more information on brain injury, call **800-242-0030**, e-mail info@biama.org, or visit our website.



Become a PAL

- Fill out a PALS application form.
- Interview with BIA-MA's Manager of Volunteers.
- Complete basic training on the physical, mental, and social aspects of brain injury.
- Complete a CORI (Criminal Offender Record Information) record check.
- Be matched with your new friend.

Survivors can be PALS too

You've had a brain injury and know what it's like. Now you can help another survivor by becoming a PAL.

For more information

- Visit our website at www.biama.org
- E-mail pals@biama.org
- Call **800-242-0030**

www.biama.org

PALS Program

Be a friend,
Make a difference.



30 Lyman St., Suite 10, Westborough, MA 01581

(800) 242-0030 | (508) 475-0032



Be a Friend in Deed

Have you ever thought that you wanted to make a difference? Here's your chance. Join the Brain Injury Association of Massachusetts' (BIA-MA) PALS program and become a friend to someone who has experienced a life-altering brain injury. Just an hour of your time on a regular basis can make a significant difference in that person's life.

"Survivors are truly an inspiration to everyone around them. They embody the spirit of strength and perseverance in the face of adversity, and they exemplify what it means to have a genuine appreciation for life at its core."

- Sean Wilder, 26,
PALS Volunteer

PALS is a recreational and socialization program that matches brain injury survivors, ages 16 and older, with volunteers who have similar interests. Participants in the PALS program communicate regularly and get together to do things they both enjoy such as going for walks, eating out, watching movies, or playing games. Over time, lasting friendships may develop.

Be Part of the Solution

People who have experienced a brain injury may have cognitive issues, physical limitations, and difficulty with self expression. Many of these individuals once had lives filled with work, friends, and social activities, but now find themselves isolated and alone. By befriending a brain injury survivor through the PALS program, you can help that person feel good about him or herself once again.

Families of brain injury survivors benefit from the PALS program as well because it improves their loved one's quality of life and gives them some time to focus on their own needs.

"Survivors often say that they lost friendships after their life-altering accident. The PALS program is designed to forge new friendships and increase awareness and understanding about brain injury."

- Arlene Korab, Executive Director BIA-MA

About PALS

Made possible by a grant from the Yawkey Foundation, the PALS program addresses the isolation that brain injury survivors often experience by helping them engage in social activities and make connections with others.



Friends in Need

If you're a survivor who would like a PAL, contact BIA-MA. Age, interests, and personality are considered when matching survivors and volunteers. Here are examples of individuals waiting to be paired with a PAL:

- Raymond, who is in his 20s, loves dance, jazz techno, and watching music shows.
- Luise, who is in her 60s, loves to share stories from her younger days. She enjoys cultural events, movies, and museums.
- Jeffrey, who is in his 30s, would like a pal with whom he can share jigsaw puzzles, board games, and brain teasers.