WHO AM I TO STOP IT

Who Am I To Stop It is a new documentary film on isolation, art, and transformation after brain injury. The movie was made within the brain injury community. It’s not designed to be inspirational because it features peers with disabilities from traumatic brain injury. We face difficult questions around loneliness, stigma, poverty, and how people find their way in society again. The film centers on art not as rehabilitation but as a tool for personal growth, meaningful work, and social change.

Directed and Co-produced by:
Cheryl Green & Cynthia Lopez
A sponsored project of
HOLLYWOOD THEATRE

WAYS YOU CAN CHANGE:

- Don’t interrupt
  - When you interrupt someone with a brain injury, they might forget what they were going to say
  - You steal a turn, you steal a voice
- Recognize people with brain injury as people first
  - People with brain injury contribute to society
  - You can laugh at our jokes, go on dates with us, hire us for jobs, get support from us
  - We’re not automatically fragile or on display for you
- Talk about disability
  - This does not mean ask people how they got their brain injury or what’s wrong with them
  - It means don’t shy away from talking with us
  - Disability and disabled are not negative or bad words; They are part of life

FRIENDS & CAREGIVERS

If you are caring for a partner, spouse, child, relative or close friend with TBI, it is important to recognize how stressful this situation can be. Information about brain injury and support can make a great difference.

The following support groups can be found online at www.braininjuryconnectionsnw.org/information-and-resources/support/.

- BIRRDsong Family & Friends Support
- Men’s Caregiver Support Group
- Westside Brain Injury Group

The link above also provides information for brain injury survivors’ support groups.
MEDIA

- Documentaries we like
  - Brain Injury Dialogues (2011)
  - Aphasia the Movie (2010)
  - Marwencol (2010)
  - Every 21 Seconds...Or Why I Scream at the Refrigerator (2005)
  - Ram Dass, Fierce Grace (2001)
  - When Billy Broke His Head, and Other Tales of Wonder (1995)

- Our favorite brain injury memoir
  - I’ll Carry The Fork by Kara L. Swanson

- Brain injury stories and blogs
  - Realistic Hope: [www.realistichope.com](http://www.realistichope.com)
  - Bridging the Gap: [www.tbibridge.org](http://www.tbibridge.org)
  - Lash & Associates: [www.lapublishing.com/blog](http://www.lapublishing.com/blog)

RESOURCES

- Brain Injury Connections Northwest
  - [www.braininjuryconnectionsnw.org/information-and-resources](http://www.braininjuryconnectionsnw.org/information-and-resources)

- Independent Living Resources
  - [www.ilr.org](http://www.ilr.org)

- Adaptive and Inclusive Recreation (AIR)
  - [www.portlandoregon.gov/parks/39830](http://www.portlandoregon.gov/parks/39830)

- Portland State University Cognitive Rehabilitation Clinic
  - [www.pdx.edu/sp/hr/cognitive-rehab-clinic](http://www.pdx.edu/sp/hr/cognitive-rehab-clinic)

- Brain Injury Rehabilitation Center
  - [www.progrehab.com/birc.html](http://www.progrehab.com/birc.html)

- The Backstrokes
  - [www.facebook.com/groups/432877600088843](http://www.facebook.com/groups/432877600088843)

- Brainline
  - [www.brainline.org](http://www.brainline.org)

- TBI Network
  - [www.tbisn.org](http://www.tbisn.org)

- Brain Injury Radio
  - [www.blogtalkradio.com/braininjuryradio](http://www.blogtalkradio.com/braininjuryradio)

- The Center on Brain Research & Training
  - [www.cbirt.org](http://www.cbirt.org)

- Aphasia Network
  - [www.aphasianetwork.org](http://www.aphasianetwork.org)