



### Guidelines for Submitting Your Personal Story

The Brain Injury Association of Virginia (BIAV) encourages people with brain injury to share their story and raise awareness! We hope your story will be a source of inspiration and help others understand their own injuries.

You may submit your story using the online form on our website ([www.biav.net](http://www.biav.net)) or via email to [becky@biav.net](mailto:becky@biav.net). We will review all submissions and reserve the right to reject submissions at our discretion; we will not publish stories we consider to be inflammatory or derogatory to anyone. Please limit your submission to 500 words or less.

**By submitting this form you are agreeing to:**

- grant the Brain Injury Association of Virginia (BIAV) permission to interview me and/or to use my story and/or likeness in any and all of its publications and in any and all other media, whether now known or hereafter existing, controlled by the BIAV, in perpetuity, and for other use by the BIAV.
- make no monetary or other claim against BIAV for the use of the interview and/or the photograph(s)/video.

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General Information:

Full Name (required)

Email address (required)

Phone

Current Age

Date of Injury/Age at time of injury

*The questions below may help get you started and provide some guidance when writing your story.*

What was life like BEFORE your brain injury?

How were you injured?

Was your brain injury mild, moderate or severe?

What was your recovery like?

What role has the Brain Injury Association of Virginia played in your journey?

What challenges do you still face as the result of your brain injury?

What is the therapy, treatment or strategy you found most helpful?

Who supported you in your recovery? How did they support you? What role has support played in your recovery?

What are your next steps or new goals on your path?