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## Getting Involved in the Brain Injury Community in Tennessee

**Your voice matters. Your experience has power.**

Being part of the brain injury community can help you build confidence, connect with others, and create change. You can start small or take on more—whatever feels right for you.

**There is no one “right” way to get involved. Every step matters.**

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### **Start Here: Learn and Stay Connected**

#### ***Low commitment / Easy first steps***

- Sign up for BIAA and BIAA-TN updates and newsletters ([Brain Injury Association of America \(BIAA-Tennessee Chapter & BIAA\)](#))
- Follow along on social media ([Facebook](#), [Instagram](#), [YouTube](#), [LinkedIn](#))
- Attend the annual virtual Tennessee Brain Injury Conference (July 30, 2026 – date changes each year)
- Join community events like Disability & Advocacy Day (organized by the [Tennessee Disability Coalition](#)).

### **Connect: Support Others**

#### ***Flexible commitment / Peer connection***

Your presence can make a difference for someone else.

- Attend or help with a [local brain injury support group](#).
- Start a support group.
- Welcome and encourage others who are earlier on their journey.
- Help create a space where people feel understood and supported.

### **Share: Tell Your Story**

#### ***Moderate commitment / Personal storytelling***

Your voice can educate, inspire, and create change.

- Share your story in the [BIAA-TN newsletter](#) and/or on BIAA-TN social media channels ([Facebook](#), [Instagram](#), [YouTube](#), [LinkedIn](#)).

- Speak at community events, BIAA-TN outreach meetings, conferences, or trainings.
- Work with BIAA-TN to prepare and practice before speaking.
- Participate in awareness campaigns.
- Connect with others by sharing your experiences in a way that feels comfortable to you.

### **Be a Voice: Awareness & Advocacy**

#### ***Moderate to high commitment/advocacy work***

- Participate in legislative outreach in Tennessee and nationally - Call, email, or visit state or national legislators to advocate on behalf of brain injury issues.
- Get involved in Brain Injury Awareness Month (March) activities.
- Attend BIAA's national conference in March.

### **Support The Mission**

#### ***Moderate to high commitment***

- Participate in a BIAA-TN fundraiser:
  - Luminary of the Year [Champion Fundraising](#) – Learn more about [Luminary of the Year](#)
  - Brain Injury Awareness Month Fundraising
  - Miles for May Facebook Fundraiser
  - Facebook Birthday Fundraiser
  - Connect BIAA-TN to companies and foundations with an affinity to support the mission.
  - [Donate](#)

### **Lead: Shape the Future**

#### ***Higher commitment / Leadership roles***

- Join the [BIAA-TN Statewide Community Council](#)
  - Advocacy Council
  - Community Outreach Council
  - Provider Education Council
  - Fundraising/Luminary of the Year Council

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## **You Make the Difference**

However you choose to get involved, you are helping to ensure that no one has to navigate brain injury alone.

**Your voice matters. Your experience matters. You matter.**