Traumatic Brain Injury Checklist

Steps to take after a potential TBI in Colorado

Based on Denver Tbi Attorney by McCormick and Murphy

1. Understanding TBI in Colorado

Familiarize yourself with the definition and causes of TBI.

- ■ Recognize TBI as any disruption to normal brain function caused by an external force.
- ■ Identify common TBI types: concussions, contusions, diffuse axonal injuries, penetrating injuries.
- ■ Understand TBI can result from direct blows, rapid acceleration/deceleration (e.g., car crash), or violent shaking.
- ■ Note that Colorado law does not require a specific diagnosis or imaging result for TBI.
- ■ Focus on whether the accident caused a change in brain function.
- ■ Be aware of documented symptoms like confusion, memory loss, headaches, dizziness, or cognitive difficulties.
- ■ Understand that even a 'mild' TBI qualifies if it produces real and measurable harm.

2. Immediate Actions After a Potential TBI

Take these crucial steps right after an incident.

- ■ Seek immediate medical attention, even if symptoms seem minor.
- ■ Inform medical professionals about the incident that caused the potential injury.
- ■ Describe all symptoms experienced, no matter how insignificant they may seem.
- ■ Request a thorough neurological examination.
- ■ Ask for documentation of your symptoms and the medical evaluation.
- ■ Avoid strenuous activity or returning to normal duties until cleared by a doctor.

3. Documenting Your Injury

Keep detailed records of your experience and recovery.

- ■ Start a journal to record daily symptoms and their severity.
- ■ Note the date and time each symptom occurs.
- ■ Record any changes in cognitive function, mood, or behavior.
- ■ Keep copies of all medical records, doctor's notes, and test results.
- ■ Document all expenses related to your injury (medical bills, lost wages, etc.).
- ■ Record names and contact information of any witnesses to the incident.
- ■ Note the circumstances of the accident that led to the TBI.

4. Understanding Your Legal Rights

Learn about your rights if your TBI was caused by someone else's negligence.

- Understand that you may be entitled to compensation for your injuries.
- Recognize that negligence is a key factor in TBI claims.
- Be aware that Colorado law protects individuals with TBI.
- Consider consulting with a TBI attorney to understand your specific situation.
- Do not speak to insurance adjusters without legal counsel.
- Gather evidence related to the incident and your injuries.

5. Identifying TBI Symptoms

Recognize the diverse range of symptoms associated with TBI.

- Monitor for confusion or disorientation.
- Watch for memory loss related to the incident or general recall.
- Pay attention to persistent headaches.
- Note any feelings of dizziness or balance problems.
- Observe difficulties with concentration or focus.
- Be aware of changes in speech or understanding.
- Recognize emotional or personality changes.
- Identify sleep disturbances (sleeping more or less than usual).

6. Seeking Professional Help

Engage with the right professionals for your recovery and legal needs.

- Consult with a medical doctor for diagnosis and treatment.
- Seek specialists if recommended (e.g., neurologist, neuropsychologist).
- Consider physical therapy for physical impairments.
- Explore occupational therapy for daily living skills.
- Look into speech therapy if communication is affected.
- Consult with a TBI attorney experienced in Colorado law.
- Discuss rehabilitation options with your medical team.

Resources & Further Reading

Use these pages while working through the checklist:

- Home

https://mccormickmurphy.com/

- About

https://mccormickmurphy.com/about/

- Kirk McCormick

https://mccormickmurphy.com/about/kirk-mccormick/

- James Murphy

https://mccormickmurphy.com/about/james-murphy/

- Sample Case Result

https://mccormickmurphy.com/about/sample-case-result/

- M + M in the community

https://mccormickmurphy.com/about/m-m-in-the-community/

- Testimonials

https://mccormickmurphy.com/about/testimonials/

- Practice Areas

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Protect your rights and seek proper care after a traumatic brain injury.