



Medical Binder

Information is power when it comes to your health! Having a medical binder is a handy way to keep your health information organized and in one place. This can eliminate stress over finding medical history, insurance information, or other details needed to keep you in good health. It is also a great communication tool for you, your loved ones, and your care team.

When using this medical binder, fill it out to the best of your ability. If you need to, have a loved one help you with this information. Always carry it with you to medical appointments for easy reference and add your visit summaries into this binder after the medical appointment tracking log page.

Something as simple as this medical binder can give you back so much time and streamline your medical care! We hope that you use this binder and it empowers you to live your best life!



Are you ready to live your best life?

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info@galaxybraincenter.com

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Our Mission

AT **GALAXY BRAIN AND THERAPY CENTER**,
WE EMPLOY AN ALL INCLUSIVE APPROACH TO TREAT THE
MIND AND BODY THROUGH CLIENT FOCUSED PROGRAMS TO
EMPOWER OUR CLIENTS TO **LIVE THEIR BEST LIVES**.

Core Values

OUR TEAM MEMBERS ARE DEVOTED TO **BUILDING TRUSTING
RELATIONSHIPS TO EMPOWER POSITIVE CHANGE** IN THE
LIVES OF OUR CLIENTS AND THEIR FAMILIES. THIS ALLOWS
THOSE WE SERVE TO **MOVE FORWARD** IN LIFE AND FIND
WAYS TO PARTICIPATE IN **AND GIVE BACK** TO THEIR
COMMUNITIES.



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My Information

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Drug Allergies:

Drug: _____ Reaction: _____

Drug: _____ Reaction: _____

Drug: _____ Reaction: _____

Drug: _____ Reaction: _____

Emergency Contact:

Name: _____ Phone: _____

Relationship: _____



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My Care Team

Provider: _____

Phone Number: _____

Speciality: _____

Fax/Email: _____

Provider: _____

Phone Number: _____

Speciality: _____

Fax/Email: _____

Provider: _____

Phone Number: _____

Speciality: _____

Fax/Email: _____

Provider: _____

Phone Number: _____

Speciality: _____

Fax/Email: _____

Provider: _____

Phone Number: _____

Speciality: _____

Fax/Email: _____

Provider: _____

Phone Number: _____

Speciality: _____

Fax/Email: _____

Provider: _____

Phone Number: _____

Speciality: _____

Fax/Email: _____



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My Insurance Information

(include copies of your insurance cards if possible)

Health Insurance: _____

Phone Number: _____

Policy #: _____ Group #: _____

Auto Insurance: _____

Adjustor & Phone Number: _____

Claim #: _____ Date of Loss: _____

Dental Insurance: _____

Phone Number: _____

Policy #: _____ Group #: _____

Vision Insurance: _____

Phone Number: _____

Policy #: _____ Group #: _____



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Medical Appointment

Doctor or Clinic:	Notes:
Date & Time:	
Reason for visit with timeline of symptoms:	
New problems since last visit (recent illness, sleep issues, energy level problems, changes in pain, attention span difficulty, mood issues):	
Questions for the doctor:	Future actions related to this appointment:
Goals of the appointment:	
Requests for doctor (med refill, handicap sticker, work/school note):	



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Medical Questions/Topics

Treatment update since the last visit:	Mood, anxiety, depression?
Medication changes since last visit:	Issues with concentration/memory?
Upcoming medical appointments:	Sensory issues? (sight, sound, smells)
Recent illnesses:	Light headed, dizzy, vision issues?
Falls since last visit:	Bowel, bladder issues?
Energy level:	Social issues? Trouble going out in public?
Weight gain or loss? Appetite?	Pain location(s) and severity on 1-10 scale:
Trouble falling asleep? Trouble staying asleep? Naps?	-What makes your pain better? -What makes your pain worse?

Navigating Sensory Overload:

Tips for Making Daily Life More Manageable

In today's fast-paced and often overwhelming world, sensory overload can be a constant challenge. The bustling noise of a restaurant, the harsh glare of lights in a doctor's office, or the cacophony of voices at the DMV can make even the simplest tasks feel impossible. While working with a trained therapist is always a valuable option for managing sensory challenges, there are steps you can take to modify these situations and make daily life more manageable.

Identifying Your Sensory Challenges

The first step in addressing sensory overload is recognizing the specific challenges that affect you. Do loud noises, bright lights, or sudden surprises overwhelm your senses? Identifying these triggers is crucial for finding effective solutions. By pinpointing your sensitivities, you can take proactive steps to create a more accommodating environment.

Consider the following scenarios:

- **Loud Noises:** If you find yourself getting overwhelmed in places with loud music or constant chatter, it's essential to acknowledge this as a sensory challenge.
- **Bright Lights:** Sensitivity to bright or harsh lighting can also be a significant issue, especially in medical settings or workplaces with fluorescent lights.
- **Crowded Spaces:** Overstimulation in crowded spaces, such as waiting rooms, can lead to anxiety and discomfort.

Once you've identified your challenges, you can start exploring situational solutions that empower you to manage these sensory triggers.

Making Sensory-Friendly Accommodations

Here are some strategies to consider when dealing with sensory overload:

- **Choose Your Seating Wisely:** When dining at a restaurant or attending an event, opt for a seat in a quieter area. Request a corner table with your back to the wall, which can provide a sense of safety and reduce sensory distractions.
- **Adjust Lighting:** In places with harsh lighting, such as doctor's offices or workplaces, don't hesitate to ask if the lights can be dimmed or if window shades can be drawn. Creating a softer lighting environment can make a significant difference.
- **Use Noise-Canceling Headphones:** Noise-canceling headphones can be a valuable tool for blocking out unwanted sounds in busy or noisy settings. They can help create a quieter, more comfortable space within the chaos.

By identifying your unique challenges and implementing these practical strategies, you can regain control over your environment and reduce sensory overload.



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Self-Advocacy: Empowering Yourself and Others

One powerful way to address sensory overload is through self-advocacy. The following page provides a valuable self-advocacy tool that can help you identify your challenges and communicate your needs effectively. This tool is not only for your benefit but also for educating your friends, family, employers, and businesses on how they can assist you in navigating sensory challenges.

It's important to remember that people generally want to help, but they may not fully understand your sensory sensitivities or how to assist you effectively. By sharing your needs and preferences, you can empower those around you to create more inclusive and accommodating environments.



To learn more about self-advocacy, listen to the Brainthropology podcast on self-advocacy!

www.brainthropology.com



*"Be courageous, and move forward in
your day with hope, joy, and purpose."*



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Live your best life!

To Whom It May Concern,

I do not normally disclose this personal information however, it has become necessary for me to inform you so that I can be productive and efficient with everything that I do. I have a brain injury and some of the deficits that I may experience are:

- o Headaches
- o Nausea
- o Balance Problems
- o Visual Issues
- o Dizziness
- o Sensitivity to Lights
- o Sensitivity to Sound
- o Mentally Foggy
- o Difficulty Concentrating
- o Difficulty Remembering
- o Difficulty Multitasking
- o Difficulty Making Decisions
- o Difficulty Following Directions
- o Difficulty Prioritizing
- o Difficulty Word Finding
- o Irritability
- o Sadness
- o Anxiety
- o Drowsiness

So that I can be successful with everything I do, I need to be able to do the following:

- o Dim the lights
- o Decrease noise in the room
- o Make lists/have information written
- o Take frequent breaks
- o Provide me with one task at a time
- o Reduce distractions in the environment
- o Have spoken information presented slowly with pauses
- o Wear a hat
- o Take a walk
- o Be seated on the outer edge
- o Use a hand fan
- o Limit environmental scents
- o Provide increased time to process information
- o Provide me with limited choices to help with decisions
- o Provide large print

If you have any questions, please contact Galaxy Brain and Therapy Center at 734-627-8001 or e-mail them at info@galaxybraincenter.com to learn more about brain injury and accommodations that can improve my abilities.

Thank you,



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