

# Intimate Partner Violence and Traumatic Brain Injury (IPV and TBI)



## What is IPV TBI?

Intimate partner violence (IPV, which can also be known as acts of violence with a personal partner) refers to the body, sexual, and personal/physical thinking acts of violent behavior by a current or former intimate partner. Intimate partner violence traumatic brain injury (IPV TBI) can occur from any blow or outside force on the head, face or neck, or somewhere else on the body that causes a sudden jarring or shaking of the head. It may also occur when a person is choked or strangled leading to a less blood flow to the brain.

## What to do if You Think You Have A TBI?

Seeking care soon after you think you might have an IPV TBI allows a healthcare provider to identify and treat different ways of TBI as well as other injuries and medical problems that can occur following IPV. It is important to seek urgent medical care if you go through worsening headache, double or loss of vision, seizure, weakness or numbness in your face or arms or legs, slurred speech or repetitive vomiting. *It is important to ask your healthcare provider if there are any specialized IPV TBI services available in your community or region to help support recovery.*

## How Long Will it Take to Get Better?

Healing or getting better after IPV TBI depends on a number of things including the injury, gender, age, pre-existing medical conditions, stress, sleep and access to psychological and emotional support and medical care. Some survivors will get better within weeks or months of injury while others may experience permanent symptoms or disability that require ongoing care and support. It is important to know that you can get better many years after the original injury happened, even if you were not able to receive early treatment.

Living with IPV can make it harder to recover from a brain injury and can make it harder to escape the cycle of IPV. When possible, seek a safe space for rest and recovery.

## What are the Signs or Symptoms of IPV TBI?

A person does not need to be knocked out (lose consciousness) to suffer a brain injury. Common symptoms include:

Physical (body)	Cognitive/Brain	Emotional & Behavioral
Headache or pressure	Not thinking clearly	Sadness
Dizziness	Difficulty organizing and completing tasks	Nervous or anxious
Nausea vomiting or throwing up	Difficulty with memory or concentration	Feeling more emotional
Blurred or fuzzy vision	Unable to learn new information	Easily upset or angered
Sensitivity to light or sound	Difficulty finding words	Having a hard time falling or staying asleep
Balance problems		
Feeling tired or having no energy		
ringing in the ears		

Some people with more severe TBI can experience weakness or numbness in their arms or legs, seizures, or troubles with their vision, hearing, walking or speech. Some IPV TBI survivors can also experience flashbacks or nightmares about their injuries or past trauma.



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## Resources for IPV TBI Services

Family Abuse Intervention Worker  
 Rankin Inlet: (867) 645-2039

Nunavut Kamatsiaqtut  
 Help Line (24/7)  
 (867) 979-3333 or 1-800-265-3333

Believe.Ask.Connect Resources  
<https://www.pauktuutit.ca/abuse-prevention/children-and-youth/believe-ask-connect>

Abused & Brain Injured Toolkit  
<https://abitoolkit.ca>

## For Frontline Service and Healthcare Providers

Intimate Partner Violence Traumatic Brain Injury Education Resource (For frontline service provider working with shelters and brain injury support groups)  
<https://abitoolkit.ca>

Traumatic Brain Injury Education Resource (For healthcare professionals)  
<https://abitoolkit.ca>

## For more information:

Parachute: [www.parachute.ca](http://www.parachute.ca)

Ontario Neurotrauma Foundation:  
[www.onf.org](http://www.onf.org)