QUICK TIPS



FOR CAREGIVERS FROM CAREGIVERS

When you are faced with caring for someone after a brain injury, no one has better advice than others who have gone through the same thing.

TIPS FOR SOON AFTER SOMEONE'S INJURY:

- Do not get on the internet and try to figure out a prognosis; if you have seen one brain injury, you have seen one brain injury...
- Don't be afraid to ask questions; if you need to, ask doctors to explain things in simpler terms.
- Ask friends and family to make calls and search for resources you may need in the future.
- Accept help from friends and family! Great ways they can help:
 - 1. Set up a meal calendar for your family
 - 2. Give you a break and sit with your loved one in the hospital
 - 3. Do house hold chores while you are away rake leaves, cut grass, take out the trash, etc.

WAYS TO STAY POSITIVE AND PRACTICE SELF-CARE:

- Eat well
- Make time for yourself to do things you enjoy
- Listen to music
- Laugh

- Take a walk
- Get out of the house for dinner
- Meditate
- · Get a massage

- Get enough sleep
- Take a break and just listen to nature
- Exercise
- Let people help

LESSONS LEARNED:

- Organize a notebook with all your loved one's information, medications, appointments, and documentation received from the hospital and test results; it will help you stay organized.
- Take someone with you to important medical appointments; they can provide support and take notes.
- Share information about your love one's injury and journey about your families' story with any new professional.
- Before a medical appointment, write down questions you and your loved one have to take with you.
- Find someone else who understands what you are going through that you can talk with honestly.
- Attend a support group.
- Do the best you can and don't feel guilty.
- Yours and your loved one's needs will change; stay connected to supports and resources.
- It is ok to feel what you feel.

This project is supported by Grant #90TBSG0002, from the Administration for Community Living (ACL), U.S. Department of Health and Human Services, and state contracts #14-322 and #16-002A administered by the Virginia Department for Aging and Rehabilitative Services (DARS). Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official policy of ACL or DARS.