

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:

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| • Eat well | • Take a walk | • Get enough sleep |
| • Make time for yourself to do things you enjoy | • Get out of the house for dinner | • Take a break and just listen to nature |
| • Listen to music | • Meditate | • Exercise |
| • Laugh | • Get a massage | • 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 loved 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.