

Caregiver Resources

10 tips for Family Caregivers:

1. Caregiving is a job and respite is your earned right. Reward yourself with respite breaks often.
2. Watch out for signs of depression, and don't delay in getting professional help when you need it.
3. When people offer to help, accept the offer and suggest specific things they can do.
4. Educate yourself about your loved one's condition and how to communicate effectively with doctors.
5. Be open to technologies and ideas that promote your loved one's independence.
6. Find time to decompress. Taking a walk, going to the gym or simply journaling can make the difference between handling a situation effectively and feeling overwhelmed.
7. Caregivers often do a lot of lifting, pushing and pulling. Be good to your back.
8. Seek support from other caregivers. There is great strength in knowing you are not alone.
9. Be an advocate for your loved one by asking questions of service providers, insisting on answers you understand, and assertively requesting services.
10. Grieve for your losses, and then allow yourself to dream new dreams.

By Your Side.™ Our staff at the Traumatic Brain Injury Resource and Support Center helps family members and survivors of traumatic brain injury (TBI) answer these common questions and provides further personalized assistance with challenging and confusing choices. Our staff's knowledge, as certified brain injury specialists, is enhanced by the experiences shared by survivors and families who live with TBI and the professionals who help them. Call our toll-free helpline at 1-800-992-3442 to reach a Resource Facilitation Coordinator in your area or visit our website at www.byyourside.org.



Traumatic Brain Injury
Resource and Support Center

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www.byyourside.org

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