Effects of Chronic Mild Traumatic Brain Injury (mTBI): Caregiver Perspectives and Knowledge Gaps

Resources

Learn about TBI and read personal stories of caregivers at Brainline.org and BrainlineMilitary.org.

AfterDeployment offers information and multimedia resources for the military community on many topics of interest to caregivers including mTBI, posttraumatic stress, families and relationships, and resilience.

The Defense and Veterans Brain Injury Center (DVBIC) collaborated with a panel of TBI survivors, family members and experts appointed by the White House, and the Departments of Defense and Health and Human Services to develop “Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans” with moderate to severe TBI. The Guide is comprised of the following modules:

- Caregiver’s Companion Guide
- Introduction to TBI
- Understanding the Effects of TBI and What You Can Do to Help
- Becoming a Family Caregiver for a SM-Veteran with TBI
- Navigating Services and Benefits

In addition, complementary interactive educational tools and support group session videos are available at the Center for Excellence in Medical Multimedia, DVBIC’s multimedia partner for this Guide.

Caregivers and their loved ones will gain practical tips for mTBI symptom management with these DVBIC fact sheets:

- Changes in Behavior, Personality or Mood
- Concussion/Mild TBI and Posttraumatic Stress Disorder
- Head Injury and Dizziness
- Headache and Neck Pain
- Healthy Sleep
- Help with Ongoing Symptoms
- Ways to Improve Your Memory

DVBIC’s Family Needs booklets offer self-care advice and strategies for coping with a loved one’s emotional, cognitive and physical changes:

- “Addressing Family Needs”
- “Taking Care of Yourself While Caring for Others”
- “Talking with Children About TBI”

DVBIC’s TBI Recovery Support Program assists SMs, National Guard, reservists and veterans who have sustained a TBI and their family members and caregivers as they negotiate complex systems of care.

The Department of Veterans Affairs (VA) offers extensive caregiver resources, including:

- “Traumatic Brain Injury: A Focus on Family and Caregivers Fact Sheet”
- “I'm Caring for a Veteran with TBI – What Do I Need to Know?” and “I'm Caring for a Veteran with PTSD – What Do I Need to Know?”
The VA Caregiver Support website includes:
- Caregiver Tool Box
- Building Better Caregivers - New, free six-week online workshop
- Information on how to find your local caregiver support coordinator

The National Center for Telehealth and Technology (T2), a DCoE component center, develops telehealth and technology solutions for TBI and psychological health to improve the lives of warriors, veterans and their families. Of particular interest to this month’s topic:
- CBT-i Coach
- Concussion Coach
- LifeArmor
- Military Kids Connect®, an online community for military children ages 6-17 years that offers age-appropriate resources to support children dealing with the unique psychological challenges of military life

Sesame Street for Military Families is a bilingual website where families can find information and multimedia resources on the topics of military deployments, multiple deployments, homecomings, injuries, grief, and self-expression.

Articles


