



Resources for the DCoE October 2015 Traumatic Brain Injury Webinar

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

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