



Resources for the DCoE July 2015 Traumatic Brain Injury Webinar

Clinician's Guide: Assisting Family Members Coping with Traumatic Brain Injury

Resources

The Defense and Veterans Brain Injury Center's (DVBIC) [TBI Recovery Support Program](#) connects service members and veterans who have sustained a TBI, their family members and caregivers to TBI and psychological health support services as well as other medical and non-medical resources. It ensures that its clients are supported and connected – and stay connected – to appropriate resources as they progress through the entire continuum of care to recovery.

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"](#)
- ["Talking with Children about Moderate or Severe TBI"](#)

DVBIC collaborated with a panel of TBI survivors, family members and experts appointed by the White House, and the Departments of Defense (DoD) 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.

DCoE's Real Warriors Campaign offers strategies and resources at [Caring for Yourself While Helping Support Your Service Member](#) to help caregivers maintain their own psychological and physical wellness.

The DoD provides resources exclusively for caregivers who assist wounded, ill and injured service members with activities of daily living. [Military Caregiver Resources](#) include the PEER Forum Initiative (Personalized Experiences, Engagement, and Resources), Caregiver Resource Directory and virtual forums and webinars.

The Department of Veterans Affairs (VA) offers extensive 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
- [Services for Family Caregivers of Post-9/11 Veterans](#) include a monthly stipend, travel expenses while accompanying veterans undergoing care, access to health insurance, mental health services and counseling, comprehensive VA caregiver training provided by Easter Seals and respite care.
- The Veterans Crisis Line 1-800-273-8255 is available 24/7 to veterans, families and caregivers in crisis.
- [Fisher House™](#) is "a home away from home" for families and caregivers of patients receiving medical care at major military and VA medical centers. The Fisher House Foundation administers the Hero Miles Program which provides airfare, made possible through frequent flyer mile donations made by individual airline passengers, to service members and/or their families who are undergoing treatment at a military or VA medical center.

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](#)
- [Mindfulness Coach](#)
- [Positive Activity Jackpot](#)
- [PTSD Coach](#)
- [T2 Mood Tracker](#)
- [LifeArmor](#)
- [Virtual Hope Box](#)

The [Patient Health Questionnaire-4](#) is a four-item screening tool for depression and anxiety within the previous two weeks. Additional [Patient Health Questionnaire screeners and instruction manuals](#) are available.

RAND Corporation's "[Hidden Heroes - America's Military Caregivers](#)" is the most comprehensive examination of military caregivers to date. It examines caregiver characteristics, the burden of care and gaps in services. "[Key Facts and Statistics from the RAND Military Caregivers Study](#)" is an abbreviated version of the study.

The San Diego Brain Injury Foundation offers "[Journey Toward Recovery](#)," a guide to provide survivors, caregivers and loved ones with step-by-step tools to travel the incredible journey of recovery.