

# *Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans*



- The Family Caregiver Guide is for family caregivers of service members and veterans who have sustained a moderate, severe or penetrating traumatic brain injury.
- Downloadable PDFs, caregiving forms and the online shopping cart are available at [dvbic.dcoe.mil/resources](http://dvbic.dcoe.mil/resources).
- Interactive education and vignettes are available at [www.traumaticbraininjurytoz.org](http://www.traumaticbraininjurytoz.org).
- To request more information about the Family Caregiver Guide, please contact [info@dvbic.org](mailto:info@dvbic.org).

# Overview of Modules



## **Welcome**

- Orients caregivers on how to use the guide



## **Module 1: Introduction to TBI**

- Helps caregivers understand key information about TBI and the brain
- Provides general medical information and definitions
- Explains how a TBI can affect the way the brain works



## **Module 2: Understanding the Effects of TBI and What You Can Do to Help**

- Describes possible effects of a TBI
  - physical, cognitive, behavioral and emotional
- Introduces the DOD and VA systems of care
  - treatment team
  - rehabilitation team
  - caregiver's role on the team



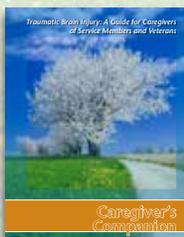
## **Module 3: Becoming a Family Caregiver for a Service Member/Veteran With TBI**

- Focuses on social support, self-care and tips to help the caregiver get organized
- Offers guidance in a number of areas such as:
  - becoming an advocate
  - taking care of yourself
  - finding meaning in caregiving



## **Module 4: Navigating Services and Benefits**

- Provides information on many of the services and benefits available to service members/veterans and their families
- Explains the Disability Evaluation Board
- Provides important information about resources to service members/veterans and their families



## **Caregiver's Companion**

- Contains medical glossary, military ranks, diagrams of the brain, medication logs, and plastic sleeves for business cards and CD-ROMS

Additional resources about caregiving and TBI are available at [dvbic.dcoe.mil](http://dvbic.dcoe.mil).

