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.

Interactive education and vignettes are available at www.traumaticbraininjuryatoz.org.

To request more information about the Family Caregiver Guide, please contact 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.