

NOTES:

BRAIN INJURY ASSOCIATION OF NEW YORK STATE

The Brain Injury Association of New York State works tirelessly to help meet the needs of individuals with brain injury and their families, and to educate the public and policy makers about brain injury and prevention. Major programs include:

BRAIN INJURY INFORMATION AND RESOURCES CLEARINGHOUSE: The Brain Injury Association of New York State has an extensive collection of information and resources of interest to consumers, professionals, advocates, providers, media, educators, and the public. Included are a toll-free family helpline, website, Project LEARNet educational resource, publications, local chapters and support groups, mentoring, resources and support programs for service members and their families, regional networks, a speakers bureau, and educational programs.

FAMILY ADVOCACY, COUNSELING AND TRAINING SERVICES PROGRAM (FACTS): This statewide comprehensive family support program serves individuals with a brain injury sustained before age 22, and their families. FACTS Coordinators link individuals and their families with information, resources, advocacy, and emotional support.

THE TRAUMATIC BRAIN INJURY TRAINING and MILITARY VETERANS SERVICES PROJECT: This project, a collaboration between Brain Injury Association of New York State and the NYS Department of Health, provides information and support about brain injury to military personnel returning to New York State from Iraq and Afghanistan and their families, and training for providers about brain injury.

PUBLIC POLICY: The Brain Injury Association of New York State is an educational resource to policy makers and agencies on the federal, state, and local levels.

TIPS FOR THE CAREGIVER



Brain Injury Association of New York State

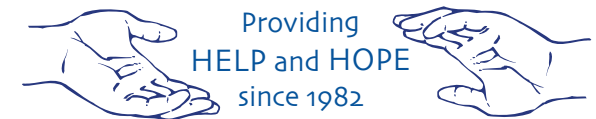
Phone: 518-459-7911

Fax: 518-482-5285

Family Helpline: 1-800-228-8201

E-mail: info@bianys.org

Website: www.bianys.org



Providing
HELP and HOPE
since 1982

Thanks to the Brain Injury Association of New Jersey for the use of their publications in the development of this brochure.

Tips for the Caregiver

TAKE CARE OF YOURSELF.

You will need to sleep and eat to maintain your strength to support your loved one.

DELEGATE RESPONSIBILITIES.

For example, assign someone to stay with your loved one when you are not there, or to oversee household responsibilities and child care. Remember, family and friends want to help you in any way they can.

ESTABLISH A COMMUNICATION CHAIN.

Assign someone to contact family and friends with updates on status. Telephone or internet might work well.

HAVE SOMEONE WITH YOU WHEN SPEAKING TO THE DOCTOR.

It will help to have another set of ears for clarification, or to write the information down to review at a later time. A tape recorder may also be useful.

More Tips . . .

MAINTAIN A JOURNAL.

Record information about medical and rehabilitation updates, procedures, medications and the names of the medical team. Record questions to ask and the answers. Record your inner thoughts and feelings. A journal will become your best reference in the future for what has occurred.

BECOME AN ADVOCATE FOR YOUR LOVED ONE.

Learn about the injury, ask questions of the healthcare team, be involved in the care, treatment and therapies. Information may help to alleviate your anxiety.

ALLOW YOURSELF TO GRIEVE AND EXPRESS EMOTIONS.

You are not expected to always “be strong” or “hold it together.” It is normal and healthy to release your feelings.

TAKE A BREAK.

It is okay not to be there every hour of every day.

When somebody offers help or assistance,

ACCEPT IT.

The following are some suggestions of ways that others can be helpful to you and your family:

- Grocery shopping
- Errands (pick up medications, equipment, cleaners, hardware)
- Laundry, cooking, and preparing meals
- Home repair, lawn/ yard maintenance
- Taking in the mail
- Helping sort through and organizing bills
- Reviewing insurance policies
- Cleaning the house
- Car maintenance
- Returning calls and sending cards
- Transportation
- Coming along on medical appointments
- Child care
- Staying with your loved one when you need to leave or take a break
- Providing companionship
- Emergency assistance



**Brain Injury Association
of New York State**

Visit www.bianys.org for more tips, support groups, and information about brain injury.