**Caregivers Tab**

Survivors with moderate brain injury may require caregiver support, either temporary or longer-term, and survivors with severe brain injury will almost certainly require the assistance of a caregiver – sometimes on a 24x7 basis for the remainder of his or her life. Whether limited or intensive, short-term or long-term, assumed by a paid professional or by a family member, the role of a caregiver is one of enormous responsibility and commitment.

Caregivers may either be professionals who typically work for a home health care agency, or they may be a survivor’s family member or friend. Cost and finances, insurance benefits, extent of disability and need, family work and home commitments, and other issues often determine which is the appropriate choice. Since family members assume most caregiving responsibility in many instances, the resources below are primarily directed toward that group. One of the major challenges for family caregivers – given the hours, tasks, issues, and resulting stress involved – is ensuring they take care of themselves and avoid burnout, as well as their own mental and physical health issues.

**Caregiver tips and resources**

Avoiding caregiver stress

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

Family caregiving

<https://www.helpguide.org/articles/parenting-family/family-caregiving.htm>

Tips for Family Caregiving

[www.Caregiveraction.org/resources/10-tips-family-caregiving](http://www.Caregiveraction.org/resources/10-tips-family-caregiving)

100 Crucial Tips from Fellow Caregivers

<http://thecaregiverspace.org/words-50-crucial-tips-fellow-caregivers/>

Brain injury affects the whole family (helpful information from the Brain Injury Association of America)

<http://www.biausa.org/brain-injury-family-caregivers.htm>

Overview of TBI and caregiving

<https://www.caregiver.org/traumatic-brain-injury>

Caregiving and TBI (especially from a veteran’s perspective)

<https://www.brainline.org/caregivers>

The effect of traumatic brain injury on caregivers

<http://www.apa.org/pi/disability/resources/publications/newsletter/2015/03/brain-injury-caregivers.aspx>

I’m caring for a veteran with TBI, what do I need to know?

<https://www.caregiver.va.gov/pdfs/FamilyCaregiversGuideToTBI.pdf>

Facebook page for TBI caregivers

<https://www.facebook.com/TbiCaregiverSupport/>

How to care for someone with a traumatic brain injury

<https://www.caringvillage.com/2016/11/28/care-someone-traumatic-brain-injury-tbi/>

Caring for someone with a brain injury (British publication)

<https://www.headway.org.uk/media/3989/caring-for-someone-with-a-brain-injury-e-booklet.pdf>

TBI: Unmet support needs of caregivers and families in Florida (but relevant for residents of other states)

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0082896>

Finding home health services after brain injury (*click on “transcript” link*)

<https://www.brainline.org/video/finding-home-health-services-after-brain-injury>

Supporting family caregivers in providing care

<https://www.ncbi.nlm.nih.gov/books/NBK2665/>

TBI: A focus on family and caregivers (veteran specific but helpful for non-vet caregivers)

<https://www.polytrauma.va.gov/downloads/VA_TBI_Caregiver_Factsheet.pdf>

Understanding the Mental Health Needs of Metro Detroit’s Veterans

<https://www.rand.org/pubs/research_briefs/RB9887.html>