

# Caregivers

Recovery following a brain injury is a powerful experience for survivors, invoking a life long journey through understanding and acceptance of the disabilities, along with hope for a new quality life and self-fulfillment. Family members, who most often serve as caregivers and assume supportive roles, embark on a similar journey. Caregiving for an individual with a brain injury is a unique experience because, unlike caregivers of people with chronic conditions such as cancer or heart disease, these caregivers find themselves suddenly thrown into the caregiving role while at the same time they are facing direct loss and grief.



Contact us for information:

- Support Groups
- Neuro-Resource Facilitation
- Family Caregiver Guides

And so much more!



## ***Tips for Caregiving:***

- Accept help when it is offered! People usually do not offer, if they are not sincere.
- Do your best to get sleep, and eat health meals. You will need the energy to care for your loved one.
- Drink lots of water! The body naturally becomes dehydrated when under stress.
- Take time for yourself! Even five minutes of personal rejuvenation can make a world of difference,
- Face the loss and grief you feel. Work through it, not around it.
- Listen to your body and be aware of your feelings. Know the differences between stress, grief, hopelessness and depression.