

Invisible Wounds at Home: TBI Series

School for Military Veteran Caregivers and Families

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FOUNDATION**

Tips: Important Strategies

- Remind yourself, whenever you're frustrated, your Veteran with Traumatic Brain Injury (TBI) is not acting this way on purpose. He/she doesn't want to be different. Blame your frustration on the TBI.
- Be sensitive to fatigue. Allow for breaks in your family's schedule.
- Establish routine and allow for contingency plans to help your Veteran feel empowered.
- Encourage your Veteran to seek occupational therapy for TBI. Treatment helps.
- Set up automatic reminders for your Veteran. This helps set him/her up for success.
- Attend medical visits along with your Veteran with TBI.
- Do what you can to reduce the demands on your family.
- Break down complex tasks into smaller steps.
- Advocate for yourself. Request respite. You will be a better caregiver if you do.

Takeaways: Things to Remember

- TBI is classified as mild, moderate or severe based on time of lost consciousness, time of changes in consciousness, and time of amnesia after the event.
- Symptoms that point to possible TBI include headache, vertigo, and ringing in the ears. Other symptoms of TBI look similar to many other mental health problems: mood swings, forgetfulness, difficulty with concentration, irritability, anger, loss of interest, loss of appetite, and performance problems.
- The changes in your Veteran with TBI are a **DIRECT RESULT OF THAT INJURY**. They are not a reflection of how your Veteran feels about you. They are not intentional on the part of the Veteran.
- It is very stressful to watch the change caused by TBI in a person you care about, and to watch the person suffer. It is OK to ask for help.

Next Recommended PsychArmor Course(s):

- Invisible Wounds of War at Home: Substance Use Disorder

Personal Reflection

What changes have I seen in my Veteran loved one as a result of the TBI? How does this affect our family? What can I do to reduce the pressure on all of us based on what I have learned?

Resources:

This course was created in collaboration with Southern Caregiver Resource Center. To learn more, click here <http://caregivercenter.org/>.

If you like this course and want additional resources, contact the VA Caregiver Support Program at 855-260-3274 or online at <http://www.caregiver.va.gov/>.

