NOTES:

The Caregiver's role is of the utmost importance. "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*

*Leo F. Buscaglia

Brain Injury Association
of New Hampshire

109 North State Street
Suite 2
Concord, NH 03301

Phone (603) 225-8400
Fax (603) 228-6749
Family HELPLINE (800) 773-8400
E-mail mail@bianh.org
Website www.bianh.org

The Brain Injury Association of New Hampshire is a statewide membership organization dedicated to providing education, outreach, prevention, advocacy, and support services to all persons affected by brain injury and to the general public.

TIPS FOR THE CAREGIVER

Brain Injury Association of New Hampshire

A Chartered State Affiliate
Of the Brain Injury Association

MORE TIPS...

Maintain a journal.
Record information about medical 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 alleviate your anxiety.

Allow yourself to grieve and express emotion.
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's 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
- Handyman work
- Lawn/yard maintenance
- Taking in the mail
- Helping sort through bills
- Reviewing insurance policy
- Cleaning house
- Car maintenance
- Recycling
- Returning calls and sending cards
- Transportation
- Coming along to medical appointments
- Child care
- Staying with your loved one when you need to leave or take a break
- Providing companionship