

Caregiver Resources

10 tips for Family Caregivers:

1. Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.
2. **Watch out** for signs of depression, and don't delay in getting professional help when you need it.
3. When people offer to help, **accept the offer** and suggest specific things they can do.
4. **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.
5. There's a difference between caring and doing. **Be open** to technologies and ideas that promote our loved one's independence.
6. **Trust your instincts.** Most of the time they'll lead you in the right direction.
7. Caregivers often do a lot of lifting, pushing and uppling. **Be good to your back.**
8. Grieve for your losses, and then allow yourself to **dream new dreams.**
9. **Seek support** from other caregivers. There is great strength in knowing you are not alone.
10. **Stand up for your rights** as a caregiver and a citizen.

By Your Side.™ Our staff at the Traumatic Brain Injury Resource and Support Center helps family members and survivors of traumatic brain injury (TBI) answer common questions and provides further personalized assistance with challenging and confusing choices. Our staff's knowledge, as certified brain injury specialists, is enhanced by the experiences shared by survivors and families who live with TBI and the professionals who help them. Call our toll-free helpline at 1-800-992-3442 to reach a Resource Facilitation Coordinator in your area or visit our website at www.byyourside.org.



Traumatic Brain Injury
Resource and Support Center

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