

For the Caregiver

Who is a Caregiver?

- A family member, friend or loved one that provides daily care or emotional support to an ABI survivor

Common Caregiver Challenges

- Helplessness
- Anger & Denial
- Isolation
- Embarrassment
- Regret
- Frustration
- Sense of loss for the person the survivor once was
- Grief

Ways of Coping for Caregivers

- ✓ Keep a positive attitude
- ✓ Get enough rest and sleep
- ✓ Accept that there are events you cannot control
- ✓ Exercise regularly
- ✓ Practice deep breathing exercises for relaxation
- ✓ Keep your faith
- ✓ Limit your alcohol and caffeine intake
- ✓ Allow time to grieve

Coping with a Brain Injury means setting realistic goals for you and your loved one

Resources

The Manitoba Brain Injury Association
Phone # (204) 953-5353
Fax # (204) 975-3027
Email: mbia@mts.net
Web: www.mbia.ca

Acquired Brain Injury Survivor & Family Support
Phone # (204) 571-8329

*Please leave a message and some one will get back to you

The ABI Support Group meets every 3rd Monday each month from September to June
Meetings are from 7:00 to 9:00 p.m.

Located at:
Public Health Office
Town Center
A5 - 800 Rosser Avenue

Covered parking off 8th & Princess Avenue and elevator access from the parking lot

This brochure is supported by grants from the Brandon Regional Health Centre Foundation and the Brandon and Area Community Foundation.

March 2008

Brandon & Area ACQUIRED BRAIN INJURY

Survivor &
Family/Caregiver
Support Group
Information



AM I REALLY AS
ALONE AS I FEEL?

Manitoba
Brain Injury
Association Inc.

What is Acquired Brain Injury?

- It is damage to the brain that happens after birth
- The damage may be caused by:
 - trauma to the head
 - *vehicle injury
 - *blow to the head
 - *a fall
 - other factors such as:
 - *being without oxygen for more than 4-6 minutes
 - *being exposed to harmful chemicals
 - *infection & disease

Common Effects of Brain Injuries

- Anger/Frustration
- Depression
- Lack of Motivation
- Confusion
- Short term memory issues
- Fatigue
- Loss of taste & smell
- Loss/change of roles
- Headaches & dizziness
- Physical and medical difficulties
- Changes in behavior/personality
- Changes in ability to communicate
- Changes in financial status
- Difficulties with work/school

Learning to adapt to a new way of life can be difficult for people with brain injuries, as well as for their family and friends.

Each injury is different and unique to the person living with the brain injury and the people who care about them. Everyone has different ways of coping.

Acquired Brain Injury Support Group

How will the support group help me?

The support group helps:

- build self-esteem
- provides a comfortable setting to share your frustrations
- learn new ways of coping
- helps you discover that you are not alone with these feelings

How can I contribute?

Survivors and family can contribute by:

- Sharing their stories
- Listening to others
- Talking about how they cope
- Sharing strategies that work