

TBI Caregivers Essentials Workshop

What is the TBI Caregivers Essentials Workshop?

The TBI Caregiver's Essential Workshop is developed for the people who either by choice or necessity have become a caregiver to a person with a traumatic brain injury. In some cases this may be a family member or friend, a healthcare professional, or people with a traumatic brain injury who are taking care of themselves.

Goal

The goal of this workshop is to alleviate the pressure and frustration caused by not knowing what to do next. We provide you with the tools and insights you'll need to chart the ongoing course of care for the person with TBI. This workshop strives to avoid technical jargon and to clearly explain aspects of a brain injury and recovery in an accessible way. You do not need a formal education in neuroscience or medicine to put the material of this workshop into daily use for those to whom you provide care.

Workshop Format

12 hours of instruction

Spaced Repetition

Increases information retention

Trained facilitator

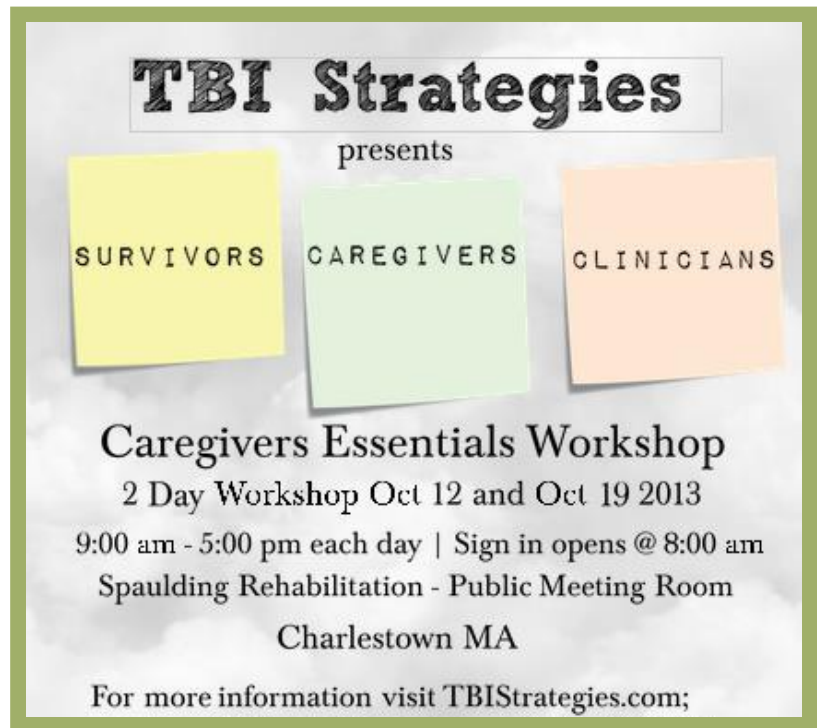
Asking questions promoting information uptake
Designed to provide rapid action

Face to face

Fostering community through shared experience in productive activities

Materials Includes

Course Book, Workbook, Action Planner, John Byler's Book - "You Look Great!" Online access to resources



TBI Strategies
presents

SURVIVORS CAREGIVERS CLINICIANS

Caregivers Essentials Workshop
2 Day Workshop Oct 12 and Oct 19 2013
9:00 am - 5:00 pm each day | Sign in opens @ 8:00 am
Spaulding Rehabilitation - Public Meeting Room
Charlestown MA

For more information visit TBIStrategies.com;

What Caregivers Will Learn

In this workshop we'll guide you through informational material, present specialized professional information using expert videos, and will continue preparing you to take action using workshop exercises.

In this course you'll learn about:

- The causes and occurrence of traumatic brain injury
- The symptoms and sequelae often experienced
- The names and specialties of the various medical professionals you and the person with TBI may call upon. You'll learn when to bring a specialist into the mix, and how to provide them with the information they need to effectively treat the person with TBI, and
- The general interactions, activities, environments, and behaviors that may prove to be challenging for a person with TBI.

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Workshop Objectives

- Help transform loved ones into effective caregivers.
- Provide caregivers and survivors with a road map to recovery.
- Alleviate the pressure and frustration caused by not knowing what to do next.
- Increase the understanding of brain injury.
- Acquaint the caregiver and survivor with the medical and rehabilitation specialists they may need to engage.
- Create a mindset of success.

Topics Covered

- Introduction & Core Elements
- Understanding Brain Injury
- Introduction to Symptoms & Sequelae
- The TBI Recovery Model
- General Interactions with TBI survivors
- Activities and Environment
- Understanding Behaviors
- Stages and Outcomes
- Summary and Next Steps

Caregivers will be introduced to:

- Track the progress and challenges of the person with TBI
- Document the effect of medications, exercise, meals, and emotional interactions
- Manage the day-to-day events to determine the level of comfort and/or frustration the person with TBI may be experiencing with the world in this new state of being

And while the focus of the course materials is on improving the quality of life for the person with TBI, the course itself was developed for you, the caregiver, the advocate, protector, and lifeline of the person with TBI.



Like the sycamore tree, a survivor of TBI must develop new roots in the life where they have landed. Growing strong with the abilities they still have and regaining to the best of their ability those they have lost.

“YOU LOOK GREAT!”

TBI Strategies, LLC

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