

NOTES:

**Brain Injury  
Association of  
New Jersey, Inc.**

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The Brain Injury Association of New Jersey, Inc. 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.

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*"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 Buscaglia

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**TIPS  
FOR THE  
CAREGIVER**



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**Brain Injury Association  
of New Jersey, Inc.**

A Chartered State Affiliate  
of the Brain Injury Association

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## TIPS FOR THE CAREGIVER

### *Take care of yourself.*

You will need to sleep and eat to maintain your strength to support your loved one.

### *Delegate responsibilities.*

For example, assign someone to stay with your loved one when you're not there, or to oversee household responsibilities and child care. Remember, family and friends want to help you any way they can.

### *Establish a phone chain.*

Assign someone to contact family and friends with updates on patient status.

### *Have somebody with you when speaking to the doctor.*

It will help to have another set of ears for clarification, or to write the information down to review at a later time. A tape recorder may also be useful.

## 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 to alleviate your anxiety.

### *Allow yourself to grieve and express emotions.*

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.**



Here 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 loved one when you need to leave or take a break
- Providing companionship