

REMAIN A CAREGIVER...

An estimated 5.3 million Americans, a little more than 2% of the population, currently live with disabilities resulting from brain injury. Each year, as many as 90,000 men, women and children will experience life-long and life-altering physical, intellectual and/or emotional hardships as a result of brain injury. Recovery from brain injury is measured in weeks, months and years, however the effects can be life-long.

With each husband, wife, son, daughter, sister, brother, mother, father, significant other, friend and/or loved one who becomes injured, there are many lives also seriously altered. Regardless of the seriousness of the injury, the impact on families can be substantial. Effects can range from financial hardship with loss of immediate income to the stress felt when a family member becomes a full-time medical attendant.

BECOME A SUPPORTER...

Each time a family finds themselves facing this type of crisis, new knowledge must be acquired including learning about brain injury in general, your loved one's specific type of brain injury and where to turn for help.

“There are only four kinds of people in this world. Those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”

*—Rosalyn Carter
In Helping Yourself Help Others*

BIAT's Caregiver Support Network is a valuable resource to families in transition. Caregivers best care for others when they themselves are nurtured—when they find a community of others who know, who understand and who care about each other.

CREATE A CHAMPION!

It's the 'gift circle' of caring...

**Today you care for others...
Tomorrow others care about you...**

**When we give, others receive.
When receiving, we let others give.**



Find out more! Call Caregiver's Support Network NOW! 1-800-444-6443

"I have talked to a lot of people who healed relationships when they were a caregiver."

Our Caregiver Program could be for you...

If because of a family trauma, you find yourself living in an alternative universe called "brain injury," your world is suddenly upside down and you are trying to find your way.

If you provide ancillary assistance to a caregiver as part of a total support network.

If you find yourself with "compassion fatigue" and would like to understand how to better avoid that symptom.

If you are providing the main resources in the care of someone living with a brain injury and would like support for yourself in the process.

"People do not care how much you know until they know how much you care."

-John Maxwell

"I think when people go into the caregiving experience, often it comes as an unexpected and unwelcomed situation. We think of life as a journey and the condition of dependency can at any time interrupt our forward movement on this journey—a sudden stroke or a car crash and life changes instantly.

"We can't help but think it could have been me."

Instead of a far-off destination, the journey suddenly becomes right here in this bed, in this room, at this time; the journey of life, the forward movement, was perhaps always an illusion. When illusions fall away, we look for a new kind of hope."

—Connie Goldman

The Gifts of Caregiving: Stories of Hardship, Hope, and Healing

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Caregiver Support Network
A program of the Brain Injury Association of TN

BIAT Caregiver Program: Supporting the Supporters



Brain Injuries don't happen
to people...
they happen to families.