



Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans

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Presentation Goals

- Introduction of Curriculum

Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans

- Curriculum Development Process
 - Consumer Feedback
 - Dissemination Plans



National Defense Authorization Act of 2007 (NDAA), Section 744

Mandated the establishment of a 15-member panel:

“to develop coordinated, uniform, and consistent training curricula to be used in training family members in the provision of care and assistance to members and former members of the Armed Forces with traumatic brain injuries.”



National Defense Authorization Act of 2007 (NDAA), Section 744

- Categories of individuals who must be included on the panel:
 - Medical professionals specializing in TBI (combat TBI as well) including psychologists with expertise in the mental health treatment and care of TBI
 - Family caregivers and representatives of family caregivers or family caregiver associations
 - DoD & DVA health & medical personnel with expertise in TBI



National Defense Authorization Act of 2007 (NDAA), Section 744

- Experts in the development of training curricula
- Family members of members of the Armed Forces with TBI
- Panel members were appointed after receiving DoD and White House approval on 6 March 2008
- Appointments will expire June 2010



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- Provided programmatic and logistical support to ensure
 - Development of curriculum according to congressional mandate
 - Content accuracy



Panel Responsibilities

- Conduct a review of the literature
- Develop an evidence-based curriculum
- Develop consistent curriculum for TBI caregiver education
- Recommend mechanisms for the dissemination of the curriculum throughout DoD and VA



Goals of the Curriculum

- To be informative and accurate
- To provide support to the caregiver on the journey to recovery
- To provide the caregiver with skills for the management of symptoms associated with TBI



Goals of the Curriculum

- To provide assistance in communicating with health care and other teams
- To be user friendly, culturally appropriate and based on real life needs and experiences



The Curriculum Development Process

- Five meetings of the TBI Family Caregiver Panel
- A Town Hall Meeting with Family Caregivers
- Panel member work groups
- Focus Groups with TBI Family Caregivers
- Four briefings to the Defense Health Board
- Approval by the Defense Health Board



Definition of Family Caregiver

- For the Purposes of this Curriculum:
 - A family caregiver is any family member or support person(s) relied upon by the service member or veteran who has sustained a TBI, who assumes primary responsibility for ensuring the needed level of care and overall well-being of that service member or veteran



Highlights - Town Hall Meeting

- Family caregivers from prior conflicts want to mentor today's family caregivers
- Emphasize hope and recovery
- Provide success stories from diverse backgrounds



Highlights – Town Hall Meeting

- Provide information and tools to assist families to navigate the military/veterans health & benefits system
- Provide strategies to prevent burn out
- Emphasize information on the usual recovery course



Overview of the Curriculum

- Organized in 4 separately bound modules
- Introduction module provides a guide to use of the curriculum
- Caregivers' Companion
- Backpack to carry
- Multimedia Component



Curriculum Welcome

*Traumatic Brain Injury: A Guide for Caregivers
of Service Members and Veterans*



Welcome



Curriculum Modules

*Traumatic Brain Injury: A Guide for Caregivers
of Service Members and Veterans*



Introduction to Traumatic
Brain Injury (TBI)

Module 1



Curriculum Modules

■ Module 1

- The Brain – its parts and functions
 - Causes and types of TBI
 - Diagnosis and Treatment
 - Possible Complications
 - The Recovery Process
 - Helpful Suggestions



Curriculum Modules

*Traumatic Brain Injury: A Guide for Caregivers
of Service Members and Veterans*



Understanding the Effects of
Traumatic Brain Injury and What
You Can Do To Help

Module 2



Curriculum Modules

- **Module 2**
 - **TBI Effects and Treatment**
 - **Physical Effects**
 - **Cognitive Effects**
 - **Communication Effects**
 - **Behavioral and Emotional Effects**
 - **Practical Strategies**
 - **Frequently Asked Questions**



Curriculum Modules

*Traumatic Brain Injury: A Guide for Caregivers
of Service Members and Veterans*

**Becoming a Family Caregiver for a
Service Member/Veteran with TBI**

Module 3



Curriculum Modules

■ **Module 3**

- Starting your Caregiving Journey
- Taking Care of your Service Member/Veteran with TBI
 - Becoming an Advocate
 - Taking Care of Yourself
- Helping Children Cope with TBI
 - Addressing Family Needs



Curriculum Modules

- **Module 3**
 - Transitioning to Home
 - Moving Forward
 - Addressing Everyday Issues
 - Planning for the Future
 - Finding Meaning in Caregiving



Curriculum Modules

*Traumatic Brain Injury: A Guide for Caregivers
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Navigating Services and Benefits

Module 4



Curriculum Modules

- **Module 4**
 - Introduction
 - The TBI Continuum of Care
- Support for Wounded Service Members and their Families
 - Health Benefits
- Counseling and Behavioral Health
 - Employment
 - Education



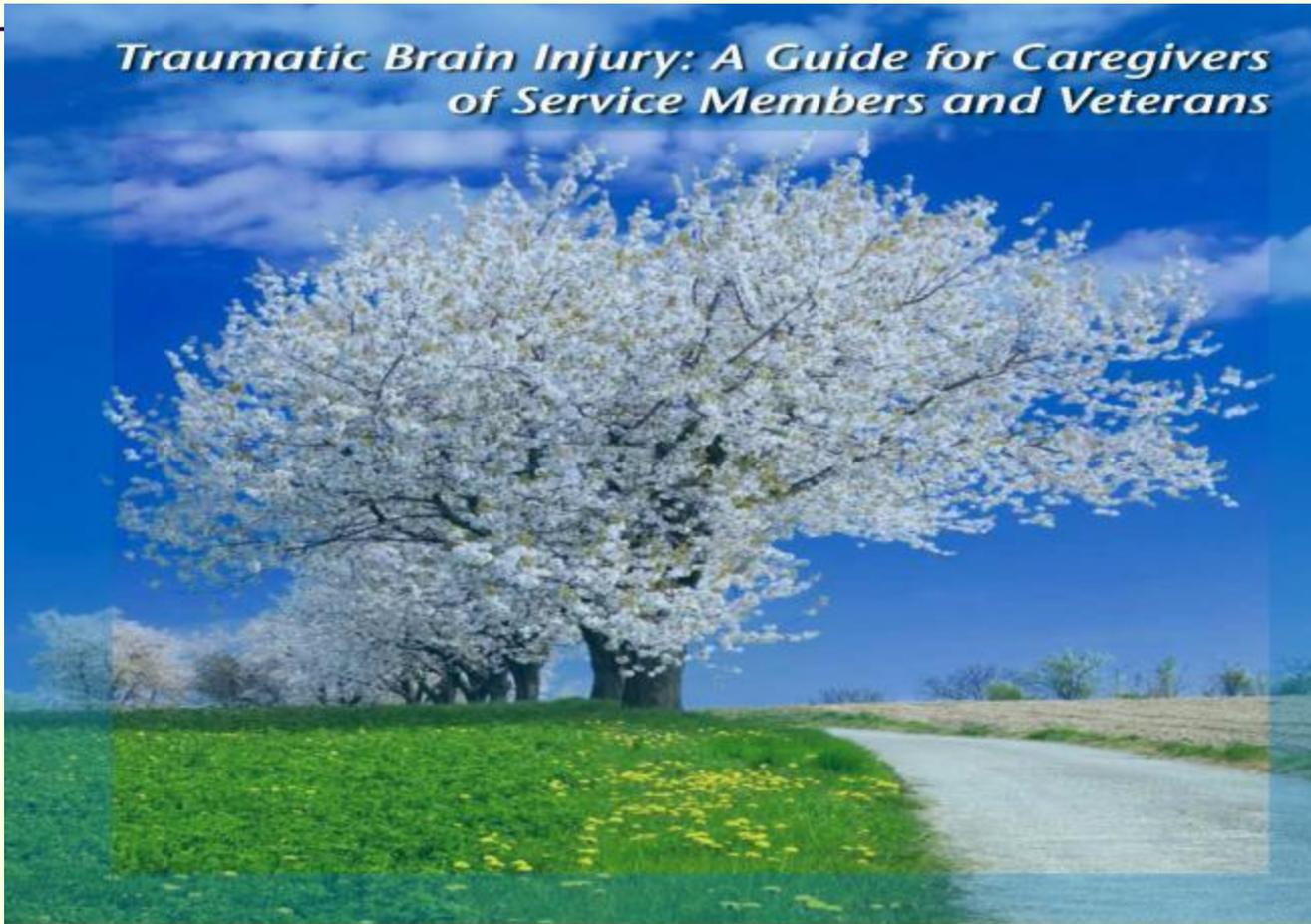
Curriculum Modules

- **Module 4**
 - Housing
 - Financial Issues
 - Legal Services
 - Travel
- Disability Evaluation System
 - Transition
 - State Benefits



The Caregiver Companion

*Traumatic Brain Injury: A Guide for Caregivers
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Caregiver's
Companion



The Caregiver Companion

- Glossary of Medical and TBI Terms
 - Military Ranks
 - Military Terms
- Contact Information – Members of Health Care Team
 - Medication Logs



The Caregiver Companion

- Home Care Team Volunteer Form
 - Caregiver Worksheet
 - Business Card Holders
 - CD Holders



Caregiver Focus Groups

■ Demographics

- 6 Focus Groups – Tampa, Walter Reed, Fort Bragg and San Diego
- 1 Telephone focus group
- Total participation – 23
- Spouses vast majority – 3 parents
- Caregiving Experience
 - 2 months – 10 years



Caregiver Focus Groups

■ Findings

- Extremely Positive – experienced caregivers found something new
- Liked layout and design – easy to navigate
- Wanted the curriculum given to families personally
- Curriculum to be provided as early in the caregiving experience as they would be likely to use it



Caregiver Focus Groups

■ Findings

- Provide the entire curriculum at once
- Curriculum could be used to discuss TBI with service member or extended family
- Caregivers felt the curriculum highlighted the importance of their role, acknowledged the challenges and provided emotionally supportive content



Curriculum Multimedia Component

- www.traumaticbraininjuryatoz.org
- Developed in cooperation with the Center of Excellence for Medical Multimedia



Curriculum Multimedia Component

CEMM TBI - Home - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address <http://www.traumaticbraininjury.osd.mil/> Go Links

Home | Resource Center | About the CEMM | Contact Us | Interactive Brain

Traumatic Brain Injury: The Journey Home

Welcome to The Journey Home - the CEMM Traumatic Brain Injury (TBI) Web Site. This site provides an informative and sensitive exploration of Traumatic Brain Injury (TBI), including information for patients, family members, and caregivers. Topics include types and symptoms of brain injury, TBI treatment and recovery, and helpful insights about the potential long-term effects of brain injury. Animation is used to help patients clearly understand the brain, and the results of injuries to different parts of the brain. Survivors and their caregivers share courageous stories about their own experiences, providing down-to-earth facts along with inspiration and hope. [Watch the Traumatic Brain Injury introduction video.](#)

The Brain	Mild TBI	Moderate to Severe TBI	Caregiver's Journey	Personal Journeys
				
The anatomy and physiology of the brain, including an interactive brain to explore	The most common form of brain injury, also known as concussion	Information about treatment, recovery and long term effects for patients with more severe brain injuries and their caregivers	Information on the important role caregivers play in TBI recovery and resources for caregiver support and self-care strategies	Personal Journeys: Real Life Stories of TBI Survivors and their Families
click here to enter	click here to enter	click here to enter	click here to enter	click here to enter

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Done Internet

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Dissemination Recommendations

- To provide a print curriculum to all TBI caregivers of service members and veterans who sustained a severe or moderate TBI.
 - Begin with those currently in the military or veterans health care systems
 - Outreach to family caregivers of service members and veterans who sustained a severe or moderate TBI earlier in the conflict who are not in active treatment



Dissemination Recommendations

- Engage in targeted outreach to TBI family caregivers from the National Guard and non-active duty Reservists
- Educate providers/advocates across the TBI care continuum about the Curriculum
- Provide comprehensive training on the curriculum to those who will be handing it to families
- Capture metrics on impact – Evaluation
- Develop Spanish language version



Next Steps

- Approval from the Secretary of Defense
- Identification of the office for policy and proponentcy
- Identification of the office for implementation
- Distribution commences



Practice Implications

- Patient Teaching Tool
- Orientation to TBI for health care providers
- Increased awareness of new resource
- Documentation



Policy and Research Implications

- Evaluation Research on the Curriculum
 - Dissemination
 - Content
 - Caregiver Response

Policy Consideration

Distribution – Post Concussive Syndrome



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