

SECTION 7

FAMILY & CAREGIVER RESOURCES



Family and Caregiver Resources

[Understanding Brain Injury: What you should know about brain injury and recovery](#)

Developed by [Shepherd Center](#).

[Family Voices of TN](#)

(FVTN): Family Voices connects families with each other, community resources, and experienced parent mentors, tools to navigate complex systems in healthcare and insurance and more. Serves families and children across all diagnoses and all ages. Call: 615-383-9442.

[TN Respite Coalition:](#)

The Tennessee Respite Coalition's Mission is to enhance the quality of life for family caregivers through respite. They provide resources that enable caregivers to reclaim a little piece of themselves and restore balance to their lives and relationships. FAQs 615-269-8687. [State Respite Coalitions Contact Information](#).

[National & TN Information on Respite Providers or Programs:](#)

This resource will help to navigate **Finding Respite Providers & Programs** and **Funding Eligibility** resources.

[TN Lifespan Respite Program](#)

Is funded by the Administration for Community Living, U.S. Department of Health and Human Services, State Lifespan Respite Programs or Projects are run by a designated state government lead agency, which works in collaboration with a state respite coalition and an Aging and Disability Resource Center Program/No Wrong Door System.

Their purpose is to implement statewide systems of coordinated, community-based respite for family caregivers caring for individuals with special needs of all ages. To learn more contact a consultant at the Tennessee Commission on Aging and Disability. 615-253-3680.



We want to hear from you!
Complete our short survey to let us know how we're doing.

Stay Active and Independent for Life

(SAIL) is an evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. For more information, call 1-866-836-6678 or email tn.aging@tn.gov.

Raising a Child with TBI:

Raising a child with TBI can be a daunting job. How can you give your child the help that he or she needs while still maintaining some semblance of a normal life

Teens with TBI:

Adolescence is a tough enough time. What happens when a brain injury is added to the mix?

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

This guide is a recovery support tool to assist caregivers of service members and veterans who have sustained a traumatic brain injury at any severity level.

Video: Be Ready: Disaster Preparedness for Families with Children & Youth with Special Healthcare Needs

Self-Care Summer Toolkit: Alliance for a Healthier Generation:

Caregivers who support young people have given their all this year. Self-care is a holistic approach to caring for one's emotional AND physical wellness. Self-care challenges the idea the health is only about physical wellbeing, and that social-emotional care is critically important as well. Caregivers who dedicate themselves to the wellness of children and elders may struggle to adopt self-care routines into their daily habits. From the National Child and Adult Care Food Program Sponsors Association.

Brain Injury Recovery Tips for Caregivers

Caring for Someone with a Brain Injury: As a caregiver, you will likely receive a lot of information about caring for someone with a brain injury. Caregivers, well-meaning friends, the Internet, brain injury support groups and families of other patients are all good sources of information, but it's a lot to take in. Don't try to learn everything at one time. Rely on your loved one's professional caregivers to let you know what you need to be concerned about next.

Rebuilding, Together: A Guide for Caregivers:

A Guide for Caring for Someone with a Brain Injury: Shepherd Center created a caregiver guide that features tips and advice for caregivers. The guide includes a glossary of terms that you may hear when caring for a loved one with a brain injury at home.

Interested in learning more?

Visit Brain Links: www.tndisability.org/brain

TN TBI Program: <https://www.tn.gov/health/health-program-areas/fhw/vipp/tbi.html>

Thank You!

We're here to help.

Our mission is to bring together professionals to recognize the far-reaching and unique nature of brain injury and to improve services for survivors. If we can help you, please feel free to reach out!



Contact us:

tbi@tndisability.org

Check out our website:

www.tndisability.org/brain

Follow us on social media:

