



Brain Injury Association of Georgia **MINDmatters**

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7 Habits Of A Good Caregiver

If you have been a caregiver for any length of time, you've probably asked yourself this question: "Am I doing enough?" You may feel like the answer is no. But the chances are you're doing plenty, and it's important you don't let self-doubt get the better of you.



For many people it's common to have self-doubts at some point in their caregiving. When you consider all that's involved in caring for a loved one, it's understandable that at times you might feel less than the perfect caregiver. What you need to watch for is the day your feelings of self-doubt turn into a cycle of exhaustion, anger and guilt about being a less than perfect caregiver.

Having worked in long term care, I have seen my share of good caregivers. These are men and women who tend to go above and beyond the call of duty. They may be professional home health aides or simply family members who are responding to their loved one's care needs. What makes them good caregivers is often their ability to balance commitment to a loved one with a willingness to reach out and ask for help and find resources when they need it.

7 Habits of a Good Caregiver

There are a thousand ways to be a good caregiver, but I wanted to offer my list. Here are my 7 Habits of a Good Caregiver:

1. A good caregiver finds joy in taking care of others and doesn't see caregiving as a burden or inconvenience.
2. A good caregiver is someone who is a good listener

because they are invested in what you have to say.

3. A good caregiver is someone who will not take things personally, even when the person that they are caring for is being unkind.

4. A good caregiver allows time to care for themselves, because if they are not well, they will not be able to care for another person.

5. A good caregiver will ask for help from others when they are feeling overwhelmed or don't know what to do next.

6. A good caregiver is able to remind themselves that "I am doing the best that I can at this very moment."

7. A good caregiver is someone who has patience to adjust with the changes of the person that they are caring for, whether it is mood or behavioral changes.

Remember that caring for a loved one requires good judgment on your part. Whether you hire a professional or take on much of the caregiving yourself, keep in mind these 7 Habits. You can find more tips on the Care Advisor Blog, including [Home Care Training](#) for Caregivers and [Tips to Take Care of and Support](#) the Family Caregiver, and a database of care providers and community resources at AARP® Caregiving Help and Advice from Genworth.

By Maria Thomas, Care Advocate Genworth



If you are a caregiver interested in attending one of the Brain Injury Association of Georgia's affiliated Support Groups. (statewide)—plan to do so now. It's a great way to find a support system for you! Braininjurygeorgia.org

Research Opportunities



National Stroke Association:

Improve Motor Skills. Loss of motor skills is a significant challenge for many people who have had a stroke. There are currently no medications approved to improve motor skills in stroke survivors. Doctors across the US are taking part in a clinical trial to evaluate use of medication called dalfampridine to improve motor skills following an ischemic stroke. Click [here](#) for further details and information.



Pacific University School of Professional Psychology looking for recruits:

We are seeking individuals' participation in a research study investigating the relationship between ethnic identity and how someone reintegrates into his or her community after traumatic brain injury (TBI), including such daily life activities as home and family activities, social activities, employment, school, and volunteerism. The results of this study may be used to offer more

tailored individual treatments to those who have sustained TBI.

Eligibility to Participate:

- At least 18 years old and have experienced a traumatic brain injury (such as from a fall or auto collision)
- At least one year past time of injury
- No other neurological disorder such as seizure disorder or dementia before the head injury. However, if you have neurological conditions after the head injury, you are still invited to participate.

If you are interested in participating in this anonymous survey click on the following link or copy and paste it into you web browser:www.surveymonkey.com/s/TBIResearch

This project is being conducted by Jennifer Peraza (Student Principal Investigator) and Dr. BJ Scott (Faculty Advisor) at Pacific University and has been approved by the Pacific University Institutional review Board (IRB).

Contact Information
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University of Windsor—Traumatic BI Family Caregiver Research Study

Bruce King and Dr. Lori Buchanan of the  University of Windsor (Canada) are inviting individuals who provide care (i.e., emotional and/or practical support) for a family member with a traumatic brain injury (TBI) to participate in an online study of the mental, social, and emotional impact of TBI on survivors and family caregivers.

Ultimately, the study aims to aid the development of services to improve both the well-being of TBI family caregivers and survivors, and rehabilitation efforts. If you are interested in participating contact Bruce King — king1e@uwindsor.ca

Educational



Brain Injury Association of America offers

ongoing Caregiver Series and Educational webinars. Visit [BIAA](#) for information and details.



Nov 15th 1:00-2:30 P M —
Defense Centers of Excellence [DCoE](#) is holding a webinar on Clinical Use of Mobile Apps in Behavioral Health Treatment.

With technological developments occurring every day, health care providers are in a unique position to interact with patients using different modalities (e.g. mobile phones, websites, tables). For more information click [here](#).

Gray Matters Support Group, Savannah, GA

Gray Matters held another amazing Halloween Trick or Treat this year in the Children's Hospital! They were so grateful for all the generous visitors and hospital department personnel who took the time to visit with the children. The donations were amazing and the children are still continuing to talk

about all the goodies they received.

What a beautiful act of kindness—to give back to others and have fun while doing it!



"No act of kindness, however small, is ever wasted" Aesop

Congratulations to Emory Rehabilitation Brain Injury Staff!

Congratulations to Emory Rehabilitation Brain Injury Unit They were one of the few departments to receive an award for Four Quarters of Patient Satisfaction Scores Above the 90th Percentile!

on the brain injury floor of the rehabilitation center where families, and their loved ones who are receiving rehabilitation can know about Camp Hardgrove for brain injury survivors!

Brain Injury Association of Georgia was invited to attend the Employee Appreciation Day to present a Thank You gift from the campers, for Emory's sponsorship. The gift will be located



Brain Injury Association of Georgia Attends Employee Fairs!

Brain Injury Association of Georgia attended several employee fairs at the Dept of Defense and VA Centers where we were able to raise awareness about brain injury. We also shared who we are and what we do to help the community, including the Veterans and their families through our

Information and Resource, Camp, Peer Visitor for Veteran and our Support Group programs.

Over 280 employees attended with many sharing personal stories of loved ones who have sustained an ABI or TBI. They expressed gratitude knowing we were there to help.



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SUPPORT GROUPS

(Listed By County)

Please visit our [website](#) for details on group meetings and contact information

BIBB COUNTY

Macon, GA
"Macon Support Group"

CATOOSA & WALKER COUNTY

Rock Spring, GA
"Jimmy Simpson Foundation"

CHATHAM COUNTY (2)

Savannah, GA
Goodwill
"Advance Acquired Brain Injury"

Memorial Rehab Center
"Gray Matters"

CLARKE COUNTY

Athens, GA
"Athens Support Group"

CLAYTON COUNTY

Riverdale, GA
"Miracles Happen"

COBB COUNTY

Marietta, GA
"Unlimited Possibilities"

DEKALB COUNTY (2)

Atlanta, GA
For Veterans
"VA TBI Support Group"
"Peer Visitor for Veterans Program"
VA Medical Center
Decatur, GA

EMORY COUNTY

Emory Rehab Center
Atlanta, GA

FANNIN COUNTY

Blue Ridge, GA
"Blue Ridge Support Group"

FLOYD COUNTY

Rome, GA
"Rome Support Group"

FULTON COUNTY (3)

"North Fulton Support Group"
Alpharetta/Roswell, GA
770-642-4236 x41
•
"Minor Brain Injury Support Group"
Atlanta/Buckhead

*"The Seminole Spirit—A
Speech Listening Group"*
Roswell, GA

GORDON COUNTY

Calhoun, GA
"Divine Restoration Abounds"

GWINNETT COUNTY

Lawrenceville, GA
"The Gwinnett County Area Support Group"

MUSCOGEE COUNTY

Columbus, GA
"Columbus Support Group"

NEWTON/ROCKDALE COUNTY

Conyers, GA
*"Brain Injury Support Group of
Newton/Rockdale"*

RICHMOND COUNTY

Augusta, GA
"Augusta BI Support Group"
NeuroRestorative Rehab Center

SPALDING/LAMAR/UPSON COUNTY

Griffin, GA
"Lost and Found"

THOMAS COUNTY

Boston, GA
"Hope"

COMING SOON! PEDIATRIC BRAIN INJURY SUPPORT GROUP

When: January 20th, 2013 -
3rd Sunday of each month

Time: 2:00-3:30 PM

Location: Scottish Rite Hospital,
room TBA

Additional Information to follow

Board of Directors

Paige Johnson
Board President

Diane Ohmann
Board Treasurer

Kay Jones
Board Secretary

Kristen L. Beightol, Esq.
Board Member

David Dodson
Board Member

Dr. Jeremy Hertz, PsyD.
Board Member

Jean Kropa
Board Member
Support Group Liaison

Gwen McKee
Board Member
Support Group Steering
Committee Chair

Beth Ann Miller
Board Member

Carolyn Stepp
Board Member

The mission of the Brain Injury Association of Georgia is to provide help, hope and support to the citizens of Georgia that have sustained or have been affected by brain injury.

Brain Injury Association of Georgia is a non-profit 501(c)(3)



Support Our Cause!
Designate Brain Injury
Association-Georgia
as your cause!



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