



NEURO
INSTITUTE

Continuing Education for Rehabilitation Professionals



Family Dynamics and Adjustment Following Brain Injury

Robin McInnis, MA, CBIS | Case Manager

Objectives

- In this course, participants will...
 1. Discuss traumatic brain injury incidence.
 2. Identify the types of challenges associated with TBI.
 3. Identify the stages the family goes through.
 4. Identify the stages the patient goes through.
 5. Examine the treatment considerations for the patients care.

Brain Injury- There is no manual



- In one year alone, TBIs accounted for approximately:
- 2.2 million
EMERGENCY
DEPARTMENT VISITS
- 280,000
HOSPITALIZATIONS
- 50,000
DEATHS

Prioritized Areas of Rehabilitation

- Physical Functioning
- Cognitive Functioning
- Self Care Skills
- Medical Stability
- Behavioral Functioning
- Communicative Functioning
- Family Dynamics

The Pros & Cons of a Crisis

- Family crisis often provides the opportunity to move either toward greater family cohesion and mental health or family deterioration and emotional decay.
- How does your family respond during crisis?

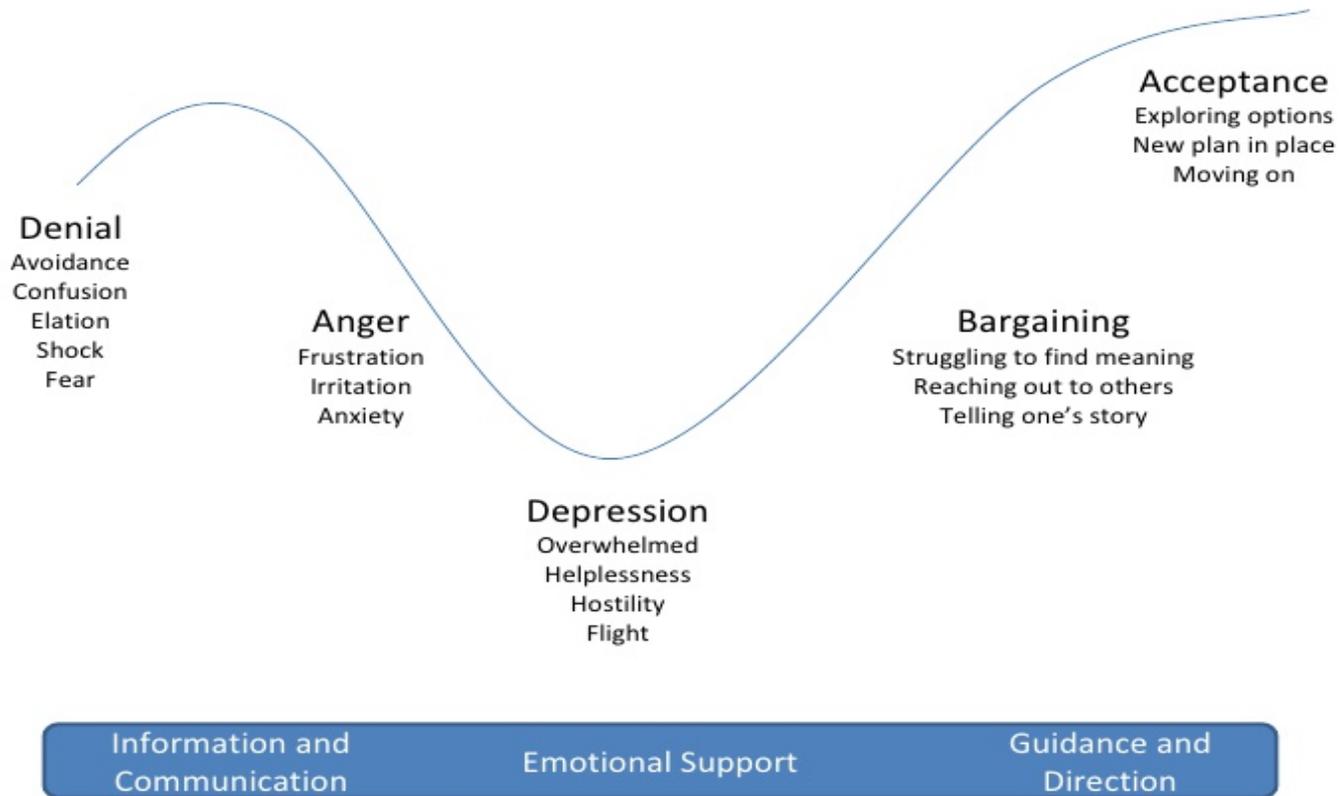


Factors Which Influence Crisis Resolution

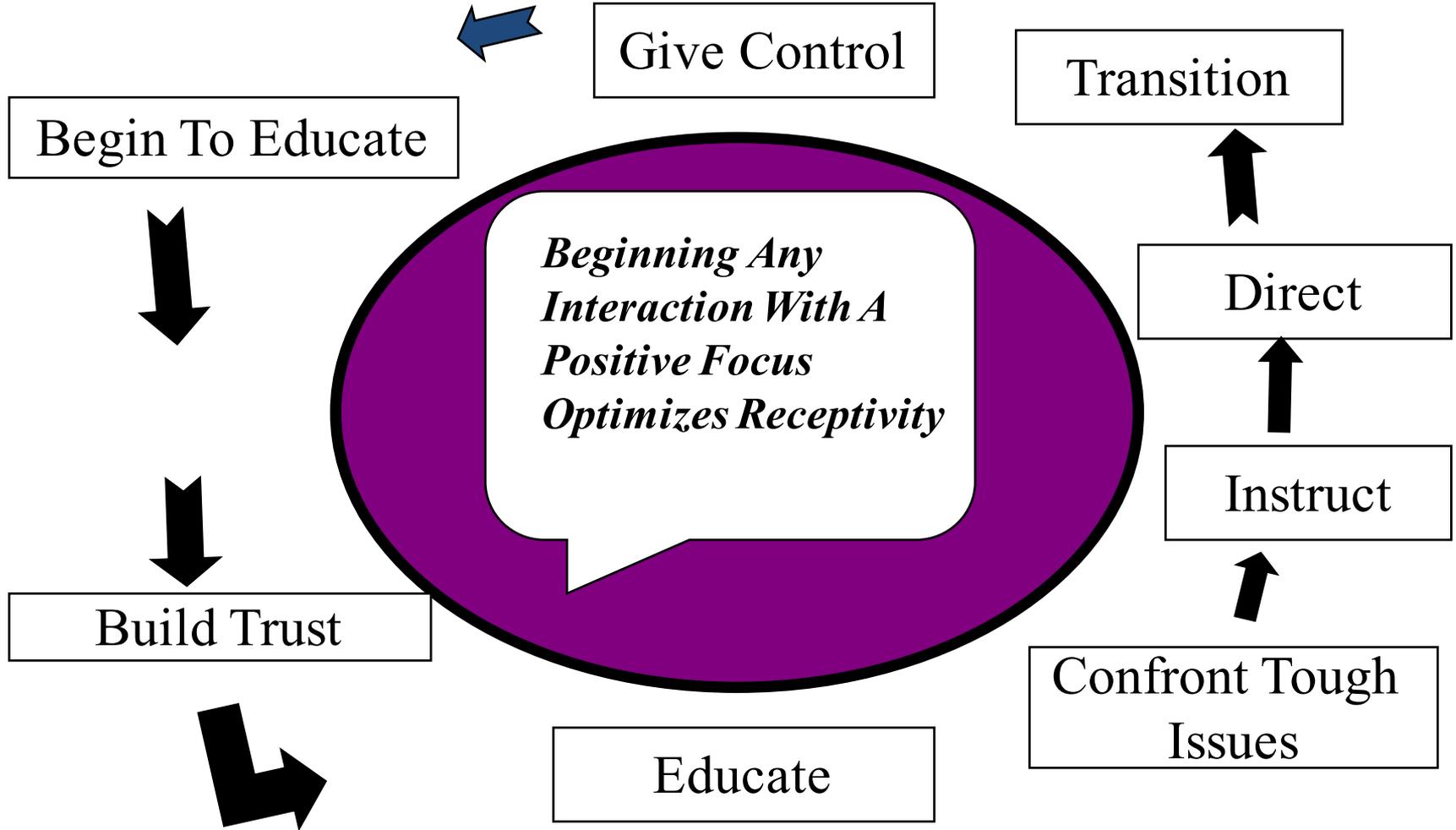
- Family's experience with anxiety management and problem solving
- Severity of the brain injury
- Quality of education that the family receives during the crisis period and throughout the rehabilitation process

Stages of Grief

Kübler-Ross Grief Cycle



Family Training Guidelines



The Issue of CONTROL !

- The family attempts to fight the trap of dependency by trying to regain mastery over the situation they are in.
- The family is most comfortable in dealing with personal issues. The family may seek control by being highly critical of staff in areas that normally fall within the role of parents.
- The participant may seek control by being attention seeking, non-compliant or manipulative.

The need for re-gaining control is REAL!

What may appear as petty complaining or ridiculous questions over nuisance issues is part of a necessary step – a step that if not channeled properly can transition into ongoing strained interactions

How can a family member have control?

- Seek Support through a group or personal counseling
- Own Health- If they are unhealthy, then they can't care for their loved one. Including respite
- Delegate some task to others
- Effective communication with treatment team and their loved one
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- Explore technologies that can assist
- Organize medical & legal records and keep file so it's easy to find and reference
- Create carecentral.com account to keep family updated

Communication

- When trying to learn the needs of the participant who cannot effectively express it themselves, try to remember Please BREATHE
 - P: Pain
 - B: Bored
 - R: Restroom
 - E: Exhausted
 - A: Anxious
 - T: Thirsty
 - H: Hungry
 - E: Environment

How can a participant have control?

- Participant centered treatment planning- Goals of what to work on during rehabilitation
- Choose personal style and attire
- When available give options for
 - Meals
 - Appointment times
 - Which area of room to clean first
 - Order of self-care
- Choose radio station during a transport
- Choose the restaurant for meal in the community & let them order
- Plan an activity for others

Precursors to Education

- Remember: No one prepares a participant or a family member to experience a TBI
- Both PARTICIPANT & FAMILY grieve the experience
- Meet the family where they are at in the process; Meeting the family where they are at, gives you clues where to start with education
- Persons under the stress of trauma hear poorly, remember little and process less.

"Grief is **NOT** a disorder,
a disease or sign of weakness.

It is an emotional, physical and spiritual
necessity, the price you pay
for love. 

The only cure for grief is to
grieve" -- Earl Grollman

 unspokengrief.com

Guiding the need for control

- Un-Guided Family

- Disempowered
- Stop believing in the professionals

Family calls, texts, emails multiple times a day

- Complaints about the staff
- Undermine the therapeutic process
- Unplanned discharge
- Unsuccessful transition home

- Guided Family

- Empowered
- Willing to learn/ take instruction
- Secures social needs for their family member for the current and future
- Takes care of themselves
- Creates long-term support system
- Effective advocate
- Asks for assistance

REMEMBER

Persons under the stress of trauma hear poorly, remember little and process less.

For a family of an individual with traumatic brain injury, the diagnosis does not likely conjure a recognizable frame of reference

Concluding Guidelines For Steering Control in the RIGHT Direction

- Display sincere and genuine interest toward the family – you are asking a lot of them
- Really think about what you want to happen – do you want increased independence
- Always be upfront and honest – never lie to make someone happy
- Presented information should be clarified
- Sometimes families need to vent – let them
- Focus on assets
- Determine progressive steps which give the survivor and family back a sense of control
- Consistency and objective are easy to talk about – make a commitment to carry through
- In the long run the family CAN be a benefit or a burden – help them make the wise choice

Comments/Questions

