



Saturday, March 29, 2025

NC Brain Injury Conference Presentation Upload Form

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Presentation Title Supporting the Supporters: Addressing the Needs of Brain Injury Caregivers

Presentation Summary (Optional)

Supporting the Supporters: Addressing the Needs of Brain Injury Caregivers

In this session, we will explore the critical role of caregivers for brain injury survivors and the profound impact their responsibilities can have on their well-being. We'll define caregiver roles and highlight common challenges, including emotional stress, anxiety, and burnout. Personal stories will provide insight into these struggles, supported by recent research findings that reveal the health impacts on caregivers. We will identify specific needs, such as emotional support and respite care, while discussing gaps in existing support systems. Effective strategies and resources, including support groups and counseling, will be shared to empower caregivers. Finally, we will emphasize the importance of advocacy and community awareness/engagement to ensure caregivers receive the support they need and deserve.

Objective 1: Identify Caregiver Roles: Define the roles of caregivers for brain injury survivors, highlighting the challenges they face.

Objective 2: Review Emotional Impact: Identify the emotional and psychological effects of caregiving, including stress, anxiety, and burnout.

Objective 3: Review and Discuss Research Findings: Review recent research data on the health and well-being of caregivers, emphasizing their unique struggles.

Objective 4: Identify Caregiver Needs: Highlight specific needs for support, including emotional resources, respite care, and community assistance.

Objective 5: Discuss Support Strategies/Explore Community Engagement: Share potential strategies and resources, such as support groups and counseling, to empower caregivers in their roles. Discuss how public libraries serve as safe spaces for connection and support, fostering community engagement among survivors and their families.

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