

## COMMUNITY RE-ENTRY AND PLANNING

### VIDEOS

#### **Exploring Life Options After Brain Injury**

*Michael W Davis, CBIST, and Patricia Jackson, BS, CBIS, 2007*

This video reviews quality of life concerns after discharge, including community living options, vocational and recreational opportunities, and person centered planning. (56 minutes)

#### **Self-Determination: The Sean Tease Story**

*Brain Injury Association of America, 2001*

A story of a family that wouldn't let the tragedy of brain injury take away their son's identity. This video shows the importance of self-determination. (9 minutes)

#### **Still Friends? Friends Still!**

*Robyn Littlefore, 2004*

This video is about how brain injury changes relationships. This DVD features frank conversations by friends about the rewards and difficulties of remaining friends with a peer who has been changed by brain injury. (30 minutes)

The Community Re-Entry and Planning category has materials about returning to the social community after sustaining brain injury, and tools for enabling community re-entry by helping with financial and other skills.

## COPING AND FAMILY ISSUES

### BOOKS

#### **The ABCs of Brain Education**

*Janeide Chillis, 2009*

A book for children about the seriousness of brain injury. It is an alphabet book in which each letter covers some topic about brain injury. (28 pages)

#### **After Brain Injury, Telling Your Story: A Journaling Workbook**

*Barbara Stahura and Susan Schuster, MA, CCC-SLP, 2009*

This workbook guides brain injury survivors in the healing experience of telling their stories with simple journaling techniques. By writing journal entries, they can explore challenges and milestones as they rebuild their lives. (112 pages)

The Coping and Family Issues category has materials about the impact of brain injury on the family, (general, and specific to spouses, siblings, and parents) and suggestions for developing coping strategies and building supports.

## COPING AND FAMILY ISSUES

### **Billy Butterfly Tries**

*Cindy Koneczny, 2009*

This colorful book features Billy Butterfly as he tries to compete in the Insect Olympics with a sore wing. Written by a survivor of a brain injury, this is a story of perseverance and hope. (32 pages)

### **Brain Injury Isn't Funny – But Humor Helps You Cope**

*William C. Jarvis, Ed. D*

Bill Jarvis shows how humor can help you not only survive, but move forward with hope & zest for the life you are rebuilding. There is truth in the old saying: "Sometimes laughter is the best medicine!" (29 pages)

### **Brain Injury: It is a Journey**

*Flora Hammond, MD and Tami Guerrier, BS, 2006*

This manual gives families information on brain injuries; help them understand the rehabilitation process; prepares them for what to expect as the person is discharged home; and describes different community resources. (72 pages)

### **Brain Injury Rewiring: For Loved Ones**

*Carolyn E Dolen, MA, 2010*

This book describes the injured brain and initial recovery. It explores how loved ones can help the survivor heal with traditional and complementary medicine and nutrition. (316 pages)

### **Brain Injury Rewiring: For Survivors**

*Carolyn Dolen, MA, 2010*

This book discusses medical care, and goes beyond that to help the survivor heal through traditional and complementary medicine and good nutrition. The companion book, Brain Injury Rewiring for Loved Ones, describes how family and friends of the survivor can help the survivor during recovery. (332 pages)

### **The Brain Injury Source Book**

*National Resource Center for Traumatic Brain Injury, 1999*

This book compiles answers to frequently asked questions asked by persons with brain injury, family members, friends, and professionals. Whether you are a person with brain injury, a family member, friend, or a professional working with a person with brain injury, answers to your questions are in this book. (225 pages)

**The Coping and Family Issues category has materials about the impact of brain injury on the family, (general, and specific to spouses, siblings, and parents) and suggestions for developing coping strategies and building supports.**

## COPING AND FAMILY ISSUES

### **Brain Injury Survivors Guide: Welcome to Our World**

*Larry Jameson and Beth Jameson, 2007*

This book was written by a survivor and her family. Learn the strategies Beth used to overcome cognitive and behavioral problems after her brain injury. Lists and planning tools provide a way to compensate for these various deficits. (200 pages)

### **Chicken Soup for the Soul: Recovering from Traumatic Brain Injuries**

*Amy Newmark*

*and Dr. Carolyn Roy-Bornstein, 2014*

Whether you are recovering from a TBI or supporting someone with a TBI, this collection will uplift and inspire. These stories by TBI survivors and those who love and support them, will encourage you and your family on your road to recovery. (435 pages)

### **Choosing Home or Residential Care: A Guide for Families**

*Marilyn Lash, MSW, 1998*

Based on the experiences of families who have raised for their children at home, and families who moved their children to a residential program. Professionals who have talked with families share their knowledge and expertise. (59 pages)

### **Coping with Mild Traumatic Brain Injury**

*Diane Roberts Stoler, 1998*

Having gone through a mild traumatic brain injury herself, Dr. Stoler provides help for others with MTBI, families and friends. Using clear language, she looks the brain and how it can be injured, diagnostic procedures and treatments. (284 pages)

### **Elvin: The Elephant Who Forgets**

*Heather Snyder, 1998*

A story about "Elvin", an elephant who has a tree branch fall on his head. The book helps children and their friends and classmates to understand what it's like to have a brain injury. (16 pages)

### **Explaining Brain Injury, Blast Injury and PTSD to Children and Teens**

*Marilyn Lash, MSW, Janelle Breese Biagioni, Tonya Hellard, 2009*

When a parent is injured, children often feel confused and anxious. This guide helps parents explain the changes that can follow a brain injury, blast injury or PTSD. Using examples from children of all ages, it helps children understand their emotional reactions to a parent's injury or PTSD (80 pages)

The Coping and Family Issues category has materials about the impact of brain injury on the family, (general, and specific to spouses, siblings, and parents) and suggestions for developing coping strategies and building supports.

## COPING AND FAMILY ISSUES

### **The Get Well Soon... Balloon!**

*Vicki Sue Parker, 2005*

Inspired by her daughter's reaction to her injury, Vicki wrote a book to help family members guide children in understanding the effects of a brain injury. (16 pages)

### **Getting Better and Better After Brain Injury: A Guide for Families, Friends and Caregivers**

*National Resource Center for Traumatic Brain Injury, 1999*

Life after brain injury can be challenging, for the survivor, and for those who know and love them. This guide is packed with practical ideas to help those who want to help. (187 pages)

### **A House for All Children**

*Richard V Olsen, PhD, 2000*

This book provides guidelines for creating a safe and supportive home environment for children with disabilities. It explores the range of physical, social, and emotional supports. (112 pages)

### **How to Get Services by Being Assertive**

*Charlotte Des Jardins, 1993*

Many parents and professionals encounter difficulties in finding services for children with disabilities. This book is written for parents and professionals dealing with this frustration. (208 pages)

### **I Know You Won't Forget**

*Story by Truly Blessed Ink, Illustrations by Carol Jordan, 2007*

This is about a boy whose mom had a brain injury. He shows how a TBI affects the family and how issues can be resolved. The book was written and illustrated by survivors of brain injury. (40 pages)

### **It's So Much Work to Be Your Friend**

*Richard Lavoie, 2005*

This book offers strategies to help learning-disabled children navigate the turbulence of school, home and community. The author provides methods and instructions for helping the learning disabled child through nearly any social situation. (394 pages)

### **Ketchup on the Baseboard: Rebuilding Life after Brain Injury**

*Carolyn Rocchio, 2004*

This book tells Carolyn and her family's journey after her son sustained a brain injury. She describes stages of his recovery and the emotions and dynamics of her family. (280 pages)

The Coping and Family Issues category has materials about the impact of brain injury on the family, (general, and specific to spouses, siblings, and parents) and suggestions for developing coping strategies and building supports.

## COPING AND FAMILY ISSUES

### **Learning to Live with Yourself after Brain Injury**

*Jeffrey Sebell, 2014*

This book provides the insights you need to use the tools you have been given in a way that allows you to get the most out of them. (96 pages)

### **Living Life Fully After Brain Injury**

*Robert T. Fraser, Kurt L. Johnson, Kathleen Bell, 2011*

This is a valuable resource for life after brain injury, containing chapters by experts, and assessing topics like community living with practical strategies and printable worksheets. (211 pages)

### **Living with Blast Injuries, PTSD and TBI**

*Lash Publications, 2012*

Designed as an reference for veterans, caregivers and families, this collection of articles has tips and strategies that address issues common to veterans with PTSD, concussion or TBI. (160 pages)

### **Living with Brain Injury: A Guide for Families**

*Richard Senelick and Kathy Ryan, 2002*

This updated edition helps families with support and information about options available to them. Complete with a section on neuroplasticity and rehabilitation research, Living with Brain Injury helps readers through new, uncharted territory. (270 pages)

### **Lost & Found: A Survivor's Guide to Reconstructing Life After Brain Injury**

*Barbara J Webster, 2011*

This workbook for survivors and families contains tips, strategies, and accommodations to address life's daily challenges. The author presents an approach for overcoming challenges. (196 pages)

### **Love, Honor, & Value: A Family Caregiver Speaks Out**

*Suzanne Geffen Mintz, 2002*

This book attempts to make a positive difference in the lives of caregivers trying to find their way through the maze of caregiving in our "quicker and sicker" healthcare system (204 pages)

### **Missing Pieces: Mending the Head Injury Family**

*Marilyn Colter Maxwell, 2004*

This book has helped many families struggling with brain injury. Written by a wife and mother who's been there, Missing Pieces offers understanding for each family's struggle. (164 pages)

The Coping and Family Issues category has materials about the impact of brain injury on the family, (general, and specific to spouses, siblings, and parents) and suggestions for developing coping strategies and building supports.

# COPING AND FAMILY ISSUES

## **Negotiating the Special Education Maze**

*Winifred Chitwood, Deidre Hayden & Cherie Takemoto, 2008*

Reviews the special education process, and tips and strategies for developing an effective special education program. (264 pages)

## **Never-Ending Journey: The Intensive Care Unit**

*Dayla Maisey, 2011*

This book helps you navigate through the stressful environment of the Intensive Care Unit (ICU) after someone close to you is brain injured. The book integrates technical, practical and emotional advice to help you make sense of what's happening. (134 pages)

## **Overcoming Grief**

*Janet P. Niemeier, Ph.D., and Robert L. Karol, Ph.D., 2010*

This workbook provides information on symptoms and coping skills following a brain injury, and stresses the role of support systems in adjustment after brain injury. The authors guide readers through the emotions and grieving that is part of brain injury. (240 pages)

## **Pocket Tips for Caregivers**

*Marilyn Lash, MSW, and Janet Cromer, RN, 2013*

A pocket guide with suggestions and strategies for coping with the stress, responsibilities and demands of caregiving. Family members caring for wounded veterans will find this helpful. (115 pages)

## **Possibilities: A Financial Resource Book for Parents**

*National Endowment for Financial Education, 2001*

A straightforward guide to money management and financial resources for parents, which outlines step-by-step financial management techniques and provides many resources. (62 pages)

## **Rachel's Brain Game**

*Designed by Special Tree, Ltd, 2009*

This board game helps children share their feelings about a loved one with a brain injury. It teaches children about brain injury and strengthens relationships in the process.

The Coping and Family Issues category has materials about the impact of brain injury on the family, (general, and specific to spouses, siblings, and parents) and suggestions for developing coping strategies and building supports.

## COPING AND FAMILY ISSUES

### **Recovering Relationships after Brain Injury**

*Jeff Kreutzer, Laura Taylor and Lee Irvington, 2005*

Loss of relationships may be one of the greatest casualties of brain injury. This book helps survivors and family members understand how brain injury changes roles, relationships, emotions, and communication, and how to help recover relationships. (34 pages)

### **Reflections from a Different Journey**

*Stanley Klein, 2004*

Many parents of children with disabilities would benefit from hearing from people who have lived the experience and can provide information on the possibilities for their children. This book has forty essays written by successful adult role models who share what it is like to grow up with a disability. (205 pages)

### **Sexuality and the Person with Traumatic Brain Injury: A Guide for Families**

*Ernest R Griffith and Sally Lemberg, 1993*

This book discusses sexuality in the context of TBI survivors. TBI Written for survivors and their families, this book explains what is to be expected sexually and where help may be found (170 pages)

### **Sibling Resource Guide**

*Cynthia Newman, MSW, LCSW, 2006*

This booklet lists commonly asked questions that siblings need to know about their sibling with special needs. (62 pages)

### **The Sibling Slam Book**

*Donald Meyer, 2005*

This book is for siblings who want to read about the experiences of other siblings of children with disabilities. The siblings who contributed are willing to give you an honest look at their lives; their answers are funny, smart and opinionated. (154 pages)

### **Sibshops, Workshops for Siblings of Children with Special Needs**

*Donald Meyer, 2003*

This book is the one-of-a-kind guide to Sibshops, the popular, award-winning program that brings together siblings of children with special needs. From start to finish, this source book describes how to organize a sibshop. This format can be used with siblings of any child with special health concerns. (237 pages)

The Coping and Family Issues category has materials about the impact of brain injury on the family, (general, and specific to spouses, siblings, and parents) and suggestions for developing coping strategies and building supports.

## COPING AND FAMILY ISSUES

### **Special Children, Challenged Parents**

*Robert Naseef, 1997*

Dr Naseef, a psychologist and father of a son with autism, details the blessings and challenges of raising a child with disabilities. Dr Naseef teaches parents how to acknowledge and understand the emotional turmoil that accompanies their loss. (222 pages)

### **Special Siblings: Growing Up With Someone with a Disability**

*Mary McHugh, 2003*

This book helps readers cope with the complex emotions experienced by anyone with a sibling with special needs. This is a must read for siblings of people with disabilities. (241 pages)

### **Successfully Surviving Brain Injury: A Family Guidebook**

*Garry Prowe, 2010*

This book reviews: the basics of brain injury, the rehabilitation process, ways to make this stressful time easier for you and your family, what you need to know about health insurance and disability pay, factors that influence how well someone recovers from a brain injury and how to access resources. (246 pages)

### **Supporting Survivors and Caregivers after Brain Injury**

*Patty van Belle-Kusse, MSc and Judith Zadoks, MSc, 2011*

This workbook is based on the premise that a brain injury affects the family. It helps professionals work with caregivers to connect these lives, regain control, and improve their lives. The workbook includes the person with a brain injury, the family and caregivers in all aspects of care and support. (126 pages)

### **TOM: Time Organization Manual (reference only)**

*J Lynne Mann, 2003*

This manual describes a time management system you can use to help you and your loved one. The binder contains forms that you can start using right away. (70 pages)

### **Understanding the Effects of Concussion, Blast and Brain Injuries**

*Lash and Associates, 2008*

This guide is for families of service members who have sustained brain injuries and caregivers and clinicians who work with them. There are articles on helping families, concussion and trauma, medication, behavior, cognition, life in the community, college and work. (42 pages)

The Coping and Family Issues category has materials about the impact of brain injury on the family, (general, and specific to spouses, siblings, and parents) and suggestions for developing coping strategies and building supports.



## COPING AND FAMILY ISSUES

### **Unthinkable: A Mother's Tragedy, Terror, and Triumph**

*Dixie Coskie, 2010*

The author's narrative of how she came to appreciate the simplest of things is powerfully moving. This book is about perseverance, filled with lessons of struggle and triumph. Each chapter contains insights to assist others through their tragedies. (224 pages)

### **Unthinkable: Tips for Surviving a Child's Traumatic Brain Injury**

*Dixie Coskie, 2011*

This book excerpts the tips that book offers into a caregiver's companion. It covers preparedness, emergency medical treatment, rehabilitation and beyond, and is a resource for dealing with the unthinkable, life-changing event of a child's brain injury. (94 pages)

### **When a Parent Has a Brain Injury: Sons and Daughters Speak Out**

*Marilyn Lash, MSW, 1993*

This book was written for the children of people with brain injury, who felt no one could understand their situation. It deals with issues like: experiences at the hospital, how parents have changed after the brain injury and family life at home. (41 pages)

### **When Things Fall Apart**

*Pema Chodron, 1997*

Heart advice for difficult times: Advice for what to do when things fall apart in our lives, and go against our usual habits and expectations. (188 pages)

### **When Young Children are Injured: Families as Caregivers in the Hospital and Home**

*Marilyn Lash, MSW, 1994*

This book is for families with young children who were seriously injured. Families with children injured at an early age face unique challenges and difficulties. This guide offers families information for decisions that will help them prepare for the future. (49 pages)

### **When Your Child Has a Disability: The Complete Sourcebook of Daily and Medical Care**

*Mark Batshaw, MD, 2001*

With practical information and guidance, this book can help you meet the demands of raising your child. It offers coverage of the daily and long-term care requirements of disabilities. (467 pages)

The Coping and Family Issues category has materials about the impact of brain injury on the family, (general, and specific to spouses, siblings, and parents) and suggestions for developing coping strategies and building supports.

# COPING AND FAMILY ISSUES

## **When Your Child is Seriously Injured: The Emotional Impact on Families**

*Marilyn Lash, MSW, 1991*

This book is written with the help of families whose children were injured. It starts with admission and ends at discharge, with practical suggestions to help families. This book is based on conversations and interviews with many families (41 pages)

## **When Your Child is Technologically Assisted: A Home Care Guide for Families**

*Paul Kahn, 1998*

This book helps parents prepare for home care of a child with complex medical needs by giving tips for how to set up the home and coordinate community services, how to communicate clearly about caregiving and expectations, how to help siblings adjust, and how to deal with the challenges of parenting. (64 pages)

## **Working Together: A Guide to Positive Supports for Parents and Professionals**

*Sharon Lohrmann and Fredda Brown, 2003*

This guide reviews Positive Behavior Support (PBS) and provides suggestion for creating a support plan for children. (63 pages)

## **You Will Dream New Dreams**

*Stanley Klein, 2001*

Fathers and mothers of children with disabilities speak on how they mourned for the child of their dreams, learned the importance of turning to friends instead of being “strong” all of the time, and found the joy of discovering new dreams. (278 pages)

## **VIDEOS**

### **Acquired Brain Injury: Teens Talking to Teens**

*Sunny Hill Health Center for Children, 2000*

This video is for teens living with a brain injury and features three teens who have sustained a brain injury (25 minutes)

### **A House for All Children: Planning a Supportive Home Environment for Children with Disabilities**

*Richard V Olsen, PhD, 2000*

Six families who are raising children with a range of disabilities describe the modifications they made to create safe and supportive homes for their children. (32 minutes)

The Coping and Family Issues category has materials about the impact of brain injury on the family, (general, and specific to spouses, siblings, and parents) and suggestions for developing coping strategies and building supports.

## COPING AND FAMILY ISSUES

### **Life Goes On: Inside the Families of Youth with Brain Injuries**

*Lash & Associates, 2004*

Two families talk frankly about the effects of their child's brain injury over time. This video gives personal insights into the family dynamics and grieving process. It will be helpful to families, and the professionals who counsel and support them. (29 minutes)

### **Making a Difference—Meeting the Special Needs of Persons with Brain Injury (in Spanish)**

*Texas Department of State Health Services, 2008*

This video offers useful tips for effective communication and for directing individuals, families and caregivers to needed supports and services. Each video includes a section that addresses the special needs of veterans with brain injury. (97 minutes)

### **Making Life Work: A Family Guide for Life at Home**

*Brain Injury Association of Florida, 1991*

Three families discuss how they've used structure, repetition and consistency to help the recovery process continue. Sections include: Coming Home, Coping Strategies, Life Skills. (106 minutes)

### **Planning for Life: The Role of Direct Support Professionals in Self-Directed Supports**

*The Boggs Center, 2004*

This video is for those responsible for designing and implementing self-directed supports. It is also for people with disabilities and families to help them to visualize what supports can look like when they are the ones in control in planning their lives. (30 minutes)

### **Rebuilding Relationships after Traumatic Brain Injury**

*Virginia Commonwealth University, 1998*

This presentation focuses on brain injury changes that often negatively impact relationships. Individuals with TBI must cope with increased dependence on family and friends. (15 minutes)

### **Understanding Brain Injury: What You Should Know**

*Shepherd Center, 2011*

This video uses images of real people who have sustained a brain injury, as well as medical experts and advocates. Judy Fortin, CNN medical correspondent, goes through information to maximize your loved one's recovery. Lee Woodruff adds practical advice – her husband, Bob Woodruff was injured in Iraq. (45 minutes)

The Coping and Family Issues category has materials about the impact of brain injury on the family, (general, and specific to spouses, siblings, and parents) and suggestions for developing coping strategies and building supports.