Brain Injury 101 for families

A simple guide for family members, caregivers, and loved ones supporting someone after a traumatic brain injury.

What You Might See	What Helps
Losing focus during conversations	Reduce distractions, speak in short chunks, and allow extra time to respond.
Memory problems	Use calendars, notes, phone reminders, and consistent routines.
Irritability or frustration	Stay calm, avoid arguing, and offer breaks when stress increases.
Less interest in socializing	Keep invitations simple and low-pressure. Respect the need for downtime.
Fatigue or low energy	Schedule important tasks earlier in the day and allow rest periods.
Slow thinking or processing	Give one instruction at a time and avoid rushing decisions.
Trouble multitasking	Focus on one task at a time and break activities into smaller steps.
Emotional ups and downs	Provide reassurance and recognize that emotions may be harder to regulate.
Difficulty starting tasks	Offer gentle prompts, structure, and visual to-do lists.
Sensitivity to noise, light, or crowds	Reduce sensory input when possible and plan quiet recovery time.
Repeating questions	Answer patiently and use written reminders when helpful.
Poor insight into limitations	Use supportive feedback and encourage collaboration with providers.

Remember: Recovery is often uneven. Patience, structure, and understanding can make a meaningful difference.