TBI Rehabilitation and The Family

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Impact of TBI on the Family

- Emotional distress\textsuperscript{1,2}
  - Perceived stress and burden
  - Depression
  - Anxiety

- Disruption of family systems functioning\textsuperscript{3,4}
  - Family roles
  - Communication
  - Marital satisfaction
Impact of TBI on the Family

- Social adjustment\textsuperscript{1}

- Increased seeking of help for mental health issues\textsuperscript{5}

- Increased alcohol and/or substance use\textsuperscript{5}
Impact of TBI on the Family

- Increased dependence on caregivers\textsuperscript{6}
  - Transportation
  - Finances
  - Leisure
  - Emotional support

- Employment of uninjured caregiver\textsuperscript{7}
Factors Impacting Family Adjustment

- Patient variables$^{1,2,4}$
  - Severity of impairments and disability
    - Emotional and behavioral
    - Cognitive
    - Physical
    - Social isolation
  - Chronicity
Factors Impacting Family Adjustment

- Family variables\textsuperscript{8-10}
  - Coping styles
  - Relationship to person with injury
  - Pre-injury functioning
  - Caregiving role
  - Social supports

- Practical supports\textsuperscript{11}

- Financial resources\textsuperscript{5}
Importance of Family and Caregivers in TBI Rehabilitation

- Aspects of the environment can impact outcome following TBI.
- Family is an aspect of immediate environment that can aid or impede community integration.
Importance of Family and Caregivers in TBI Rehabilitation

- Caregivers assist with reintegration into the home and community.

- Caregivers are in a unique position to assist the person with injury in compensating for cognitive and emotional problems.
Family and TBI Outcomes

- Preinjury family and caregiver characteristics interact with injury severity to affect community integration outcomes.\textsuperscript{12}

- Family functioning associated with progress in post-acute rehabilitation program.\textsuperscript{13}
Training Caregivers to Implement Strategies

- Smith and Godfrey (1995)
  - Home-based training in stress management and management of neurobehavioral problems
  - Decreased symptom-related distress & depression, increased self-esteem, fewer doctor visits

- Carnevale et al. (2002)
  - Home-based education and training in behavior management to reduce target behaviors
  - Decreased frequency of target behaviors

- Sander et al. (2009)
  - Videoconferencing to train caregivers to help family member compensate for cognitive problems and manage behavioral issues
  - High level of satisfaction, comfort, perceived utility
Collaboration with Families

Sohlberg et al. (2001)

- Phase I: initial interview
  - learn family’s background, needs and issues

- Phase II: identify and prioritize goals
  - Help determine priorities
  - Teach families to systematically observe events in their environment relevant to the issues of concern
  - Provide feedback on trends family observed

- Phase III: monitoring change and revisiting goals
  - Provide feedback on trends family observed
  - Offer suggestions for strategies and help generate methods to monitor outcome of strategy
  - Revisit goals, monitor issues
TBI Rehabilitation and the Family

- Family involvement in rehabilitation
  - Stage of recovery
    - Decreasing lengths of stay
  - Awareness of deficits
  - Expectations, beliefs regarding disability and recovery
  - Caregivers vary in adjustment and need for services
TBI Rehabilitation and the Family

- Strong need for training caregivers in management of neurobehavioral problems
  - Family-based interventions should be reimbursed
  - Address injury-related burden and general stress management
- Identification of families at risk
  - Refer for appropriate services
- Ongoing monitoring, support, and practical assistance
Cognitive Rehabilitation: Use of Technology

- Service delivery
  - Consultation
  - Monitoring/assessment
  - Therapy
- Methods
  - Telephone$^{14}$
  - Videoconference$^{15}$
  - Web-based programs$^{16}$
  - Videophone$^{17}$
Cognitive Rehabilitation: Use of Technology

- Cognitive rehabilitation
  - Training
  - Compensatory strategy

- Methods
  - Computerized training programs\textsuperscript{18,19}
  - Portable technology
    - Smart phones\textsuperscript{20}
    - Portable voice recorder\textsuperscript{21}
    - Pager\textsuperscript{22}
References

Thank You

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