

## Conference Presentation Abstract

### Title:

Families After Brain Injury: Psycho-Educational and Support Group Intervention

### Primary Author:

Clare Brandys, Community Head Injury Resource Services (Toronto)

### Additional Author:

Diana Brouwer

### Summary:

Caregiving by family members following ABI can be a very challenging experience. This presentation focuses on the perceptions of and outcomes of family members involved in psycho-educational and support groups conducted through one of CHIRS' programs. Discussion will focus on ways to provide flexible, long-term services to families following the acute care course of ABI.

### Learning Objectives:

Caregiving by family members following ABI can be a challenging experience. Family members often require education, support, and attention to their own needs (Boschen et al, 2008). We are conducting psycho-educational groups with the goal of greater continuity of care for families involved in the ABI system. A flexible model, given variable needs post-injury, is being used. Participants rate life satisfaction, stress and burden, caregiving needs, and consumer satisfaction with the intervention. We will present on perceptions gained from the group members and outcomes of the groups for participants. We will also discuss planning for the groups, collaborating with ABI services, and working with caregivers who are often stressed and limited in their time and the other resources.

Recommendations for further group interventions, and the challenges of providing flexible, long-term interventions for families post-ABI in the community-based healthcare system will be discussed.