



## Additional Resources

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### Caregivers

*Recovery following a brain injury is a powerful experience for survivors, invoking a life long journey through understanding and acceptance of the disabilities, along with hope for a new quality life and self-fulfillment. Family members, who most often serve as caregivers and assume supportive roles, embark on a similar journey. Caregiving for an individual with a brain injury is a unique experience because, unlike caregivers of people with chronic conditions such as cancer or heart disease, these caregivers find themselves suddenly thrown into the caregiving role while at the same time they are facing direct loss and grief.*



#### Tips for Caregiving:

- Accept help when it is offered!  
People usually do not offer, if they are not sincere.
- Do your best to get sleep, and eat health meals. You will need the energy to care for your loved one.
- Drink lots of water! The body naturally becomes dehydrated when under stress.
- Take time for yourself! Even five minutes of personal rejuvenation can make a world of difference,
- Face the loss and grief you feel. Work through it, not around it.
- Listen to your body and be aware of your feelings. Know the differences between stress, grief, hopelessness and depression.

#### **Contact us for information:**

- Support Groups**
- Neuro Resource Facilitation**
- Family & Caregiver Workshops**
- Family Caregiver Guides**

**And so much more!**



## Additional Resources

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### Caregiver Websites

- [www.caregiveraction.org](http://www.caregiveraction.org) - Caregiver Action Network
- Aging Resources of Central Iowa - <http://www.agingresources.com/>
- [www.caregiver.org](http://www.caregiver.org) - Family Caregiver Alliance: National Center on Caregiving
- <https://www.cdc.gov/healthliteracy/developmaterials/audiences/olderadults/tipsforcaregivers.html> - Centers for Disease Control and Prevention: Tips for Caregivers
- <https://www.extension.iastate.edu/humansciences/ptc-tools> - Iowa State University Extension and Outreach: Powerful Tools for Caregivers
- <https://archrespice.org> - ARCH (Access to Respite Care and Help) National Respite Network and Resource Center

### Caregiver Webinars

- <https://www.caregiver.org/fca-webinars> - Family Caregiver Alliance: National Center on Caregiving
- <https://caregiveraction.org/family-caregiver-toolbox> - Caregiver Action Network
- <https://www.youtube.com/channel/UCbLo-2EGMJJScPuoTzA/videos> - Brain Injury Alliance of Iowa's YouTube channel
- <https://archrespice.org/webinars-and-teleconferences> - ARCH (Access to Respite Care and Help) National Respite Network and Resource Center

### In-Person Support Groups

- Brain Injury Alliance of Iowa
  - Website: [www.biaia.org](http://www.biaia.org)
  - Email: [info@biaia.org](mailto:info@biaia.org)
  - Call: 855-444-6443
- Iowa Department of Aging - for aging Iowans (60+) and Iowans with disabilities
  - Website: [www.iowaaging.gov](http://www.iowaaging.gov)
  - Call: 866-468-7887
- Contact local hospitals
- Contact disability-specific providers (e.g., a Speech and Language Pathologist for Aphasia support groups)
- Contact local hospice organizations
  - Often have groups to support caregivers at any point in their caregiving journey

### Phone-Based Support

- Caregiver Action Network
  - Call: 855-227-3640
  - Available: 7:00A-6:00P

### Crisis Lines

- Call 911 immediately if individual is a danger to self and/or others, as evidenced by any of the following:
  - Communicates *intent* to harm
  - Communicates *plan* to harm
  - Has the *means/access* to harm
- Veterans Crisis Line
  - Available: 24/7/365



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- Call: 800-273-8255, press 1
- Text: 838255
- Chat online:  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)
- TTY: 800-799-4889
  
- Iowa Help Line
  - Call: 855-800-1239
    - Available: 24/7/365
  - Text: 855-800-1239
    - Available: 24/7/365
  - Chat online:  
[www.iowahelpline.org](http://www.iowahelpline.org)
    - Available: 12P-2A
  
- NAMI (National Alliance on Mental Illness)
  - Available: 24/7/365
  - Call: 800-950-6264
  - Text "NAMI" at 741741
  
- Mobile Crisis Outreach - trained staff respond to wherever the crisis is occurring
  - Available in following counties: Benton, Bremer, Buchanan, Cedar, Delaware, Dubuque, Iowa, Johnson, Jones, Linn
  - Available: 24/7/365
  - Call: 844-258-8858

*Department of Human Services – Iowa Health Link “Find a Provider” -*  
<https://dhs.iowa.gov/iahealthlink/find-a-provider>

*Iowa Compass -* <https://iowacompass.org/>

*How to find and use new federal ratings for rehab services at nursing homes –*

*Check out our website at [biaia.org](http://biaia.org) under the Resource Library tab and click “Caregiver”.*

*Contact Brain Injury Alliance of Iowa for county-specific resources*

### **Provider Listings/Searches**

*Iowa Medicaid Provider Search -*  
[https://secureapp.dhs.state.ia.us/providersearche/\(S\(w4pm4145jrw2hg4555cdsqr\)\)/Default.aspx](https://secureapp.dhs.state.ia.us/providersearche/(S(w4pm4145jrw2hg4555cdsqr))/Default.aspx)