





# Resource List for Friends & Family of Brain Injury Survivors

Whether you are a friend, family member, or caregiver, supporting someone who has survived a brain injury can be a long, complex, and often isolating journey. You may find yourself navigating unexpected changes in your own life while helping your loved one make sense of the many changes in theirs.





We encourage you to seek connection with other caregivers and support yourself along the way. Even in such a deeply personal and life-changing experience, you don't have to feel alone. There is understanding, support, and community waiting to walk alongside you.

## Support Groups for Caregivers

- **BIC-NW Brainstormers Friends & Family** 
  - <https://braininjuryconnections nw.org/events-programs/friends-family-support-group/>
- **Brain Northwest (formerly BIAWA Brain Injury Alliance of Washington) Partner/Spousal Support Group** 
  - <https://brainnw.org/https://>
- **BIHN Brain Injury Hope Network** 
  - <https://braininjuryhope.org/>
- **Caregiver Resource Center Orange County**
  - <https://www.caregiveroc.org/support-groups>

Resources with a “  ” also have survivor specific resources available

## General Resources for Caregivers

- **Love Your Brain** 
  - <https://www.loveyourbrain.com/caregiver-retreat>
  - <https://www.loveyourbrain.com/mindset>
- **Music** 
  - <https://thebackstrokes.wordpress.com/>
  - <https://www.nwbrain.network/>
- **Oregon Brain Injury Program**  - Statewide resource and referral line
  - <https://www.oregon.gov/odhs/aging-disability-services/pages/brain-injury.aspx>
  - 833-685-0848
- **BrainLine** 
  - <https://www.brainline.org/caregivers>

## Other Resources for Caregivers

- **Aging with Advocacy**
  - <https://agingwithadvocacy.com/>
- **BEST Brain Education Strategies Technology** 🧠
  - <https://bestconnections.org/>
- **Brain Injury Association of America** 🧠
  - <https://biausa.org/>
  - [https://biausa.org/public-affairs/media?category\[\]=Being%20a%20Caregiver](https://biausa.org/public-affairs/media?category[]=Being%20a%20Caregiver)
- **Headway UK** 🧠
  - <https://www.headway.org.uk/>
- **Oregon Care Partners**
  - <https://oregoncarepartners.com/>
- **Powerful Tools for Caregivers**
  - [www.powerfultoolsforcaregivers.org/](http://www.powerfultoolsforcaregivers.org/)
- **University of Washington Memory and Brain Wellness Center** 🧠
  - <http://depts.washington.edu/mbwc/>
- **Wise Caregiving**
  - <https://www.wisecaregiving.org/>

*Note: if you are a member of a church or worship community, check to see if they offer support resources or groups for caregivers.*

## Books for Understanding Brains and Brain Injuries & Caregiving

There are many books available about brain injury and caregiving. This list is not meant to be comprehensive, but to serve as a good starter list for you and your loved one.

- *Chicken Soup for the Soul: Recovering from Traumatic Brain Injuries: 101 Stories of Hope, Healing, and Hard Work* by Amy Newmark and Carolyn Roy-Bornstein
- *I'll Carry the Fork!: Recovering a Life After Brain Injury* by Kara L. Swanson
- *Metamorphosis: Surviving Brain Injury* by David A Grant
- *My Stroke of Insight* by Jill Bolte Taylor
- *The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science* by Norman Doidge
- *The Conscious Caregiver* by Linda Abbit
- *To Root and to Rise, Accepting Brain Injury* by Carole J Starr
- *Who Will Care for Me When I Am Old?* by Joy Loverde

If you have other valuable resources to suggest for inclusion on the list please contact [info@bic-nw.org](mailto:info@bic-nw.org)