GROWING UP WITH A PARENT THAT HAS A TBI

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GOALS

• **SHARED GOALS:**

  • How does the parent reach their goal without relying too heavily on the child?
    • Build toward the common goal:
      • Communication
      • Resources
      • Boundaries
COMMUNICATION

• Reciprocal behaviors and being simultaneously communicative
• Empathetic/understanding
• Realistic
• Having communication between third party and parent
RESOURCES

• Technology
  • Notes
• Support Groups
  • Family
  • Friends
TECHNOLOGY

- Phone
- Smartphone
- Smartwatch
SUPPORT GROUPS

• For the Parent
• For the Caregiver
• For the child
  • An area where we are lacking
FAMILY/FRIENDS

• Accept help from others
• Know when to ask for help
• Take a break – time away from family stresses
• The child SHOULD NOT feel like the parent
• Parent’s NEED to allow external resources into their lives
  • It is ok to ask for help and need it
  • There are certain things parent’s with a TBI will not be able to do alone - that is OK
  • Utilize resources to accomplish goals and maintain parent/child boundaries

• Financial ability to have help
HAVE FUN!!

Even in stressful times it is so important to remember to take a break and have fun!