



Resources available to you

Useful websites:

- www.caregiverinfo.com
- www.brainline.org
- www.caregiver.org

Books:

- [Brain Injury Caregiver Guide: Coping with Brain Injury - A guide for caregivers and family](#)

Support Groups:

- Through BIAOV with our Peer Support Coordinator Helene Richardson
- [OBIA - Online Caregiver Support Group](#)

Other Supports

- Distress Centre Ottawa



Brain Injury Association
of the
Ottawa Valley

Brain Injury Association of the Ottawa Valley

150 Katimavik Road Suite 201, Kanata, ON, K2L 2N
613-233-8303
contact@biaov.org
www.biaov.org

- **Anger**
- **Management**
- Strategies and solutions for understanding anger
-

Anger

Anger is a normal response to the loss of something or someone that is valued. Hurt, pain, frustration, and fear are often underneath feelings of anger and may appear as impatience, resentment, and withdrawal. Caregiver anger may result from:

- Changes in your life and the losses you have experienced
- An increase in your physical and emotional burden
- Feelings of abandonment

Managing anger can be difficult, but recognizing and accepting it can help. It is important to forgive yourself for experiencing anger, and to create a safe place for you to express it. Find people who will listen and support you if you need to “vent” about your day and give yourself the opportunity to walk away if you are overwhelmed with a situation.

"Caregiving often calls us to lean into love we didn't know possible."

TIA WALKER

Set SMART goals

S: Smart
M: Measurable
A: Achievable
R: Realistic
T: Timely

Using the SMART acronym reminds us of the various components of reasonable goal setting. This allows setting very concrete, clearly communicated goals for your loved one, whether its accomplishing chores, making appointments or conducting rehabilitation exercises.

References

<https://caregiverinfo.ca/home-page/module-4-challenges-and-strategies-for-caregivers/>

<https://www.anxiety.org/caregivers-of-traumatic-brain-injury-tbi-anxiety>

Strategies for Caregivers and Family Members Experiencing Anger



BE KIND TO YOURSELF!

Understand the new responsibilities and talk about the challenges related to these new roles.



SELF CARE

Self-care, eat properly, get enough sleep, remain active, talk to a friend, exercise.



LET GO

Let go of some responsibilities when you take on new ones - you cannot take everything on!



JOIN A SUPPORT GROUP

Join a caregiver support group or access a peer mentor through the BIAOV.



REALIZE THAT THIS IS NORMAL

Realize that your feelings are a normal response to a difficult situation.



Brain Injury Association
of the
Ottawa Valley