



VCU

**Medical College
of Virginia Campus**

**Traumatic Brain Injury
Model System**

**Outpatient Rehabilitation
Services Program for Survivors
and Family Members**



by: design center

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During these sessions, the following topics will be discussed:

Setting
goals for success.

Understanding
emotional and
physical recovery.

Focusing on the important
things survivors and
their families can do to
get better and to prolong
the natural recovery process.

Understanding the changes
that normally follow
brain injury.

Coping with
loss and change.

Understanding and
managing stress
and intense emotions.

Educating how brain injury
affects the lives of
family members.

Living with
personality changes
and other difficulties.

Solving problems
effectively.

This program is **FREE**

VCU researchers are seeking adults with acquired brain injuries (such as stroke, aneurysm, traumatic brain injury, anoxic injury, non-progressive [or degenerative] brain tumor) and their families to be part of a research study. We are evaluating the helpfulness of an outpatient rehabilitation program. Qualified volunteers will participate in five rehabilitation and education sessions with one or more of their family members.

Study volunteers will be given information on brain injury, local resources, skills development, and positive coping strategies. Volunteers will also be asked to complete several questionnaires.

All participants must be at least 18 years old. Volunteers will be reimbursed for their time.

To learn more, please contact:
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